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RECIPES**

- \$10 dinner party
- Midweek meals
- Easy gluten free
 - Save at the supermarket

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LOSE FAT FAST

How to build your
**optimism
muscles**

**LET'S
TALK
FOOD**

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TO KNOW ABOUT EATING WELL

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Haroula, mother of three, lost 30kg in 12 months

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welcome



Tasty ideas on a budget

▶▶ Confession time: I spent a bit more money than I expected over the Christmas and holiday break. I'm sure I'm not alone, so we've put together this special budget food issue to help get finances back on track and prove you don't have to spend a lot of money to eat healthily – and deliciously. Every recipe includes the cost per serve, so you can see exactly how little it can cost to eat well. We know everyone's budget is different, but we're sure you'll find plenty of recipes in this issue that suit your household's spending.

However, watching your wallet doesn't mean socialising is off the menu – our dinner party feature on page 49 delivers a mouth-watering three-course meal for less than \$10 per person. If you're a fan of humble mince (count me in!) turn to page 58 for a variety of delicious mince recipes that won't break the bank. Our book extract on page 78 is by blogger Jody Allen of the *Stay at Home Mum* blog, who shares her tips for getting, and

keeping, that grocery bill down. How do you save money on food? We'd love to hear your secrets.

It seems like healthy eating is so confusing these days with new "diets" coming out every day and "experts" popping up on every corner. We sat down for a long conversation with our dietitian, Dr Kate Marsh, and asked her everything we ever wanted to know about food. Her answers start on page 86 and are full of information you can put to good use today! We've also got some new research about type 2 from the Garvan Institute, look at how to "thaw" a frozen shoulder and why we need to keep moving.

Plus, take a look at our new travel feature (page 128) – each month we'll be visiting a different location and mapping out a 10,000-step walk that gets you seeing the sights and moving more. Where would you like us to visit next?

Cheers.

Alix

Alix Davis, Editor

JOIN US ON...

Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.



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OUR EXPERTS

Dr Kate Marsh

Dietitian & diabetes educator

Kate, who has type 1, is in private practice in Sydney: nnd.com.au

Christine Armarego

Exercise physiologist

At her clinic, Christine focuses on exercise as a way to improve BGLs: theglucoseclub.com.au

Dr Sultan Linjawi

Endocrinologist

A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW: drsultanlinjawi.com

Dr Janine Clarke

Psychologist

Janine is in private practice at Mend Psychology and The Sydney ACT Centre: mendpsychology.com.au

Rachel Freeman

Diabetes educator

Rachel also works at the Australian Diabetes Educators Association: adea.com.au

Dr Gary Deed

General practitioner

Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Dr Angus Turner

Ophthalmologist

Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA: outbackvision.com.au

Elissa Renouf

Type 1 parent

Elissa is the owner of Diabete-ezy and a mum of four kids with type 1: diabete-ezy.com

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialed Diabetes

Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being



diagnosed, because the pancreas produces less insulin over time.

- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

Food myths for PWD*...

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

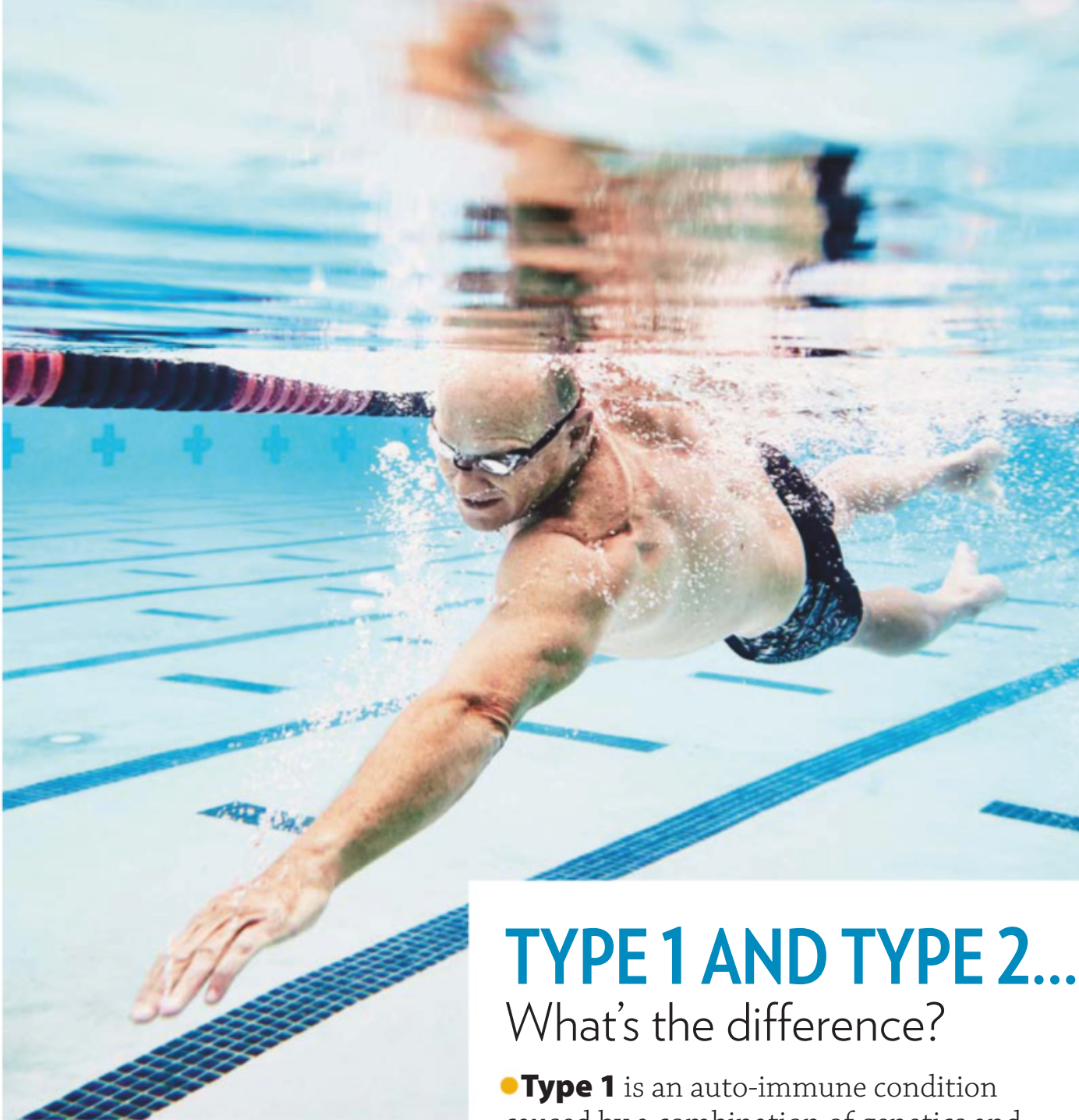
No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

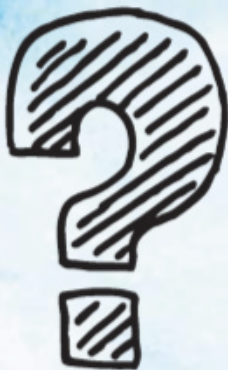
Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

*That's People With Diabetes



Losing just 5% of your body weight can have a positive impact.

WORDS KAREN FITTALL PHOTOGRAPHY GETTY IMAGES



TYPE 1 AND TYPE 2... What's the difference?

● **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

● **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.



2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.



3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

ASK YOUR TerryWhite Chemmart. pharmacist

Why is it so important to take my diabetes medication exactly as it's been prescribed?

When you've been diagnosed with type 2 diabetes, sticking to your treatment plan is one of the best things you can do to help maintain your glucose levels within the 'right' range, which is crucial to lessen any diabetes-related damage that can occur to the kidneys, eyes, heart, feet and nerves. But since you can't usually feel when your levels are too high or too low, it's important to keep to your treatment regimen as closely as possible.

That's where the **TerryWhite Chemmart Health app** is invaluable. As well as sending you reminders when your scripts are running low, you can also order your prescriptions via the app to skip the queue

in-store and set alerts to remind you to take your medication. The app even has a Carer Mode® so you can enlist a friend or family member to help manage your diabetes medication. As a result of these helpful, practical features, people who use the app to manage their medication are much more likely to stick to their treatment plan. It's free to download and use, so check it out if you feel like you could use something that would make the medication side of your diabetes treatment easier.



The app has a Carer Mode so you can enlist a friend or relative



PHOTOGRAPHY GETTY IMAGES

TerryWhite Chemmart pharmacist Chris Campbell looks at foot health, urinary tract infections and why sticking to your diabetes treatment plan is crucial



I think I have a urinary tract infection (UTI). How can I tell for sure, and what should I do?

Getting treatment for a UTI as soon as possible is vital to avoid the infection spreading to your kidneys. Knowing the classic signs and symptoms so you can seek help early is really important. These include:

- **Pain or burning when you urinate**
- **Feeling like you have to urinate all the time, even though no urine comes out when you go to the toilet**
- **Strong-smelling urine**
- **Urine that's cloudy, dark or bloody**
- **Fever or chills**
- **Pain in your back or abdomen**

If you notice any of these, make an appointment to see your doctor as soon as you can, because the earlier you start treatment for a UTI, the better.

If you get UTIs frequently, you can take preventative action by drinking plenty of water, wearing cotton underwear and keeping your glucose levels within your target range as much as possible. Also talk to your doctor or pharmacist about whether taking a cranberry supplement or a probiotic that contains *Lactobacillus rhamnosus* or *Lactobacillus reuteri* may be of benefit.



The skin on my feet is often really dry. As a diabetic, I know I need to tread carefully around my feet, so what's the best solution?

Moisturise, moisturise, moisturise! Make this a daily habit, using it as a chance to carry out a daily foot check at the same time. The ideal moisturiser is one that's pH balanced, fragrance free and is specifically formulated for dry, sensitive skin.

While you're moisturising your feet, there are a few things to keep an eye on and look out for. If you notice any broken skin between your toes; calluses or corns; cracked skin; or nail-colour or foot-shape changes, make sure you see your doctor or your podiatrist within seven days. If you see redness; blisters; ulcers; any unusual swelling; bruising or cuts; or an ingrown nail, make an appointment to see your doctor as soon as possible – ideally within the next 24 hours. ■

YOUR healthy life

New research from around the globe is making your wellbeing a priority



YOUNG ADULTS IN FOCUS

A new funding initiative at the Type 1 Diabetes Family Centre in Stirling, WA, has been designed to support young adults (aged 18-25) living with type 1 as they transition from paediatric care to diabetes clinics in adult hospitals.

“We want young adults to have access to diabetes education and dietetics services which are responsive to their specific needs, and delivered in a positive, inspiring environment,” says Bec Johnson, CEO of the family centre.

This program offers young adults four private appointments with diabetes educators at the family centre, for only a fraction of the cost, alongside BGL tests, and 24/7 support. For more information, visit type1familycentre.org.au.

WANT TO STABILISE YOUR BGLs?

Researchers have found dragonfruit to have a valuable effect on diabetic rats. The study's results, published in the journal *Pharmacognosy Research*, suggests regular consumption of dragonfruit could reduce common issues linked to diabetes. It can also help stabilise BGLs due to the high levels of fibre. Alternatively, if a spike in BGLs is needed, coconut water has the natural ability to do so. However, it's full of natural sugars, including fructose, so avoid drinking it excessively. Discuss this with your dietitian before adding these to your diet.

20%

Only 20 per cent of young adults with diabetes in Australia reach crucial blood monitoring targets. They also have high rates of depression, anxiety and diabetes distress.

ONE STATE'S RISK

Western Australians are the fattest they've ever been, with the Health Department's annual report claiming just under one third of the state's population is now classified as obese. On average, women and men are 10.5kg and 14kg respectively heavier than the “upper range of healthy”.





Could wild cosmos be the answer?

Researchers at the Universiti Putra Malaysia were recently able to prove that the tropical plant, and widely used medicinal herb, known as wild cosmos (*Cosmos caudatus*) can be used as a potential treatment for type 2. The study, published in *BMC Complementary and Alternative Medicine*, looked at the therapeutic effects of wild cosmos extracts through a randomised clinical trial of patients with type 2.

Easy way to check meds

Want to know more about the medication you take to help manage your type 2 diabetes?

Book a Diabetes Medscheck with a pharmacist at TerryWhite Chemmart to find out how your medications should be taken and stored, what they are used for and how they can affect other conditions you may have.

For more information, visit terrywhitechemmart.com.au/health-programs.



Q&A ASK RACHEL

My doctor and diabetes educator have begun talking to me about starting insulin. Does this mean I've failed to manage my diabetes?

Rachel says: This does not mean you have failed. Research shows that about 50 per cent of people with type 2 will eventually require insulin. The younger you are when diagnosed, the more likely you'll need insulin in the future, as type 2 diabetes is a progressive disease.

Insulin is really just another type of medication that can help manage BGLs. It is sometimes introduced early as a treatment option, depending on the personal preference and lifestyle of the person with diabetes, or if other types of glucose-lowering medications are unsuitable.

It shouldn't be seen as 'the end of the road' or a 'last resort'. People are put off by the fact it needs to be injected, but there are other medications for diabetes now on the market that are also injectable, and so that factor is becoming more acceptable. ➤

Rachel Freeman, diabetes educator

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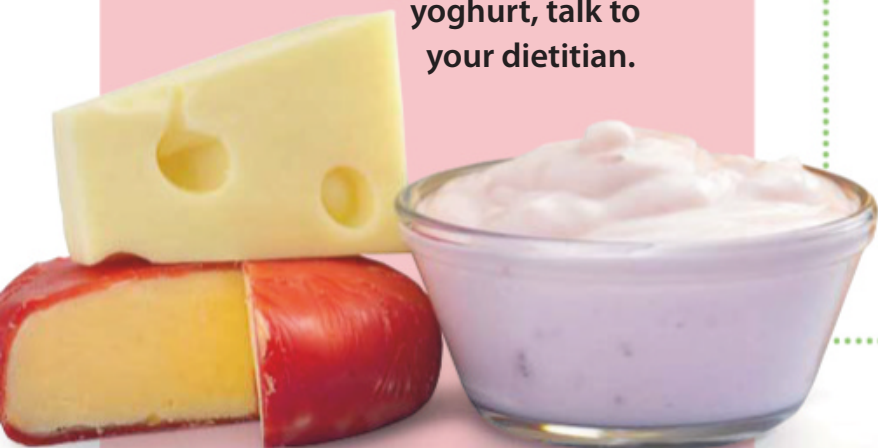
your healthy life

Splash into water aerobics

With support for your body, water aerobics is the perfect low-impact exercise to help build cardiovascular stamina, strength and flexibility. It allows you to adjust to the push and pull of the water, increasing the range of motion in your joints, and alleviates any pressure placed on them. The average 30-minute pool workout will burn approximately 1255 kilojoules.

A DAIRY GOOD THING

The Mediterranean diet has long been a popular choice, but new research from the University of South Australia suggests a new and improved, dairy-enhanced Mediterranean diet (known as MedDairy) could be the next best thing! With 3-4 servings of dairy per day, MedDairy not only meets the recommended daily requirement of calcium, it also significantly increases health outcomes for people at risk of cardiovascular disease. But, before saying 'yes' to more cheese and yoghurt, talk to your dietitian.



lin3 ADULTS

with type 2 diabetes – attending 50 diabetes centres across the nation (involved in this study) – are likely to have depression and/or diabetes distress. Data provided by the Australian National Diabetes Audit (ANDA) concluded the importance in screening for, and addressing mental health in, people with type 2.



BOOSTING ULCER TREATMENT

A collaboration between RMIT University, The University of Melbourne and Austin Health, found through measuring the size and temperature of a diabetes-related foot ulcer through thermal imaging, researchers were able to better predict which wounds would heal quickly. Through this process, they are able to intervene with other measurements to boost the healing and treatment. This study is published in the *Journal of Diabetes Science and Technology*.



FIJI

currently
has the
highest rate
of diabetes-
related deaths
in the world.

– World Life
Expectancy ranking
on diabetes



Impact diabetes has on **WELLBEING**

A study conducted at the University of Illinois examined the factors associated with the quality of life among 180 young adults (aged 18-35) with type 1 diabetes. Researchers concluded:

- **6 in 10** report being afraid of long-term complications.
- **70 per cent** report being scared their feet will be affected.

- **42 per cent** worry frequently about having a low-blood glucose crisis when asleep.

If you are worried about any of the above yourself, please discuss with your healthcare team and/or join a support group in your state. To find one near you, visit jdrf.org.au/type-1-diabetes/support-groups.



Q&A ASK DANIELLE

I have horrible-looking toenails. What can be done about them?

Danielle says: There are many different reasons why you may develop thickened and/or discoloured toenails.

Sometimes it can be due to physical damage, such as repetitive trauma from playing sport or pressure on the nail over time from wearing poorly fitting shoes.

They are also commonly the result of a fungal infection (onychomycosis), but can be a sign of other medical problems. It is important that you discuss with your podiatrist what these other causes could be and ways to prevent them from getting worse.

Treatment, of course, will depend on the cause of the nail problem, but can involve use of topical treatments (often for many weeks to months) as well as oral medication. Regular treatment can help prevent them from getting worse or from becoming painful or a source of infection.

In some circumstances the affected nails can be surgically removed. ➤

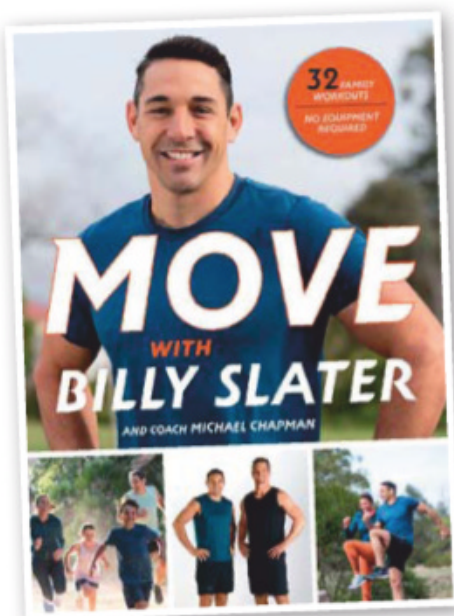
Danielle Veldhoen, podiatrist

Email your questions to:
diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.

RISING RISK FOR UNDER 50s



Baker Heart and Diabetes Institute research, published in the *American Journal of Kidney Disease*, found that, among Aussies with type 2, the incidence of kidney failure in under 50s is rising. The study (2002-2013) concludes that this impacts the growing demand of the nation's kidney dialysis and transplants. "This is a really troubling finding," says Professor Jonathan Shaw, senior author, diabetes researcher and endocrinologist. "But hopefully, by improving medical care, by aggressively managing blood pressure and other cardiovascular risk factors in addition to blood [glucose] control, we can start to turn this around." Diabetes is responsible for more than 40 per cent of all new cases of kidney failure.



MOVE WITH BILLY SLATER by Billy Slater and Michael Chapman Penguin, \$35

NRL superstar Billy Slater and expert trainer Michael Chapman have put together 32 fun, family-friendly workouts in their easy-to-follow book, *Move with Billy Slater*. Each workout can be completed in 10, 20 or 30 minutes to maximise your time and get moving every day.

Safety first

Do you or someone you know have shaky hands? Or perhaps you want to protect your child from potentially hurting themselves trying to replace the needle in their reusable insulin pen? RapidCap is the only device that allows the user to safely remove the inner protective cap – reducing the risk of a stick injury. For more information, visit rapidcap.co.nz.



I know low-GI foods are better for people with diabetes, but I have coeliac disease and most gluten-free foods seem to be high GI. What can I do?

Kate says: You're right. Many gluten-free foods have a high GI. This includes most types of rice, potato and most brands of gluten-free pasta, bread, cereal and crackers.

The good news is, there are also many lower GI gluten-free options. These include:

- **Legumes:** chickpeas, lentils, canned or dried beans
- **Grains:** buckwheat and quinoa (in wholegrain form)
- **Sweet corn**
- **Most fruits:** apples, pears, citrus fruits, berries, peaches and nectarines
- **Noodles:** mung bean, rice and soba (buckwheat)
- **Lower GI rice:** basmati and Doongara.

When baking, you can reduce GI by replacing some regular gluten-free flour with legume flours and/or almond meal, adding a small amount of psyllium husks, and replacing some sugar with stewed apple or pear. ■

Dr Kate Marsh, advanced accredited practicing dietitian and credentialed diabetes educator

Email your questions to:
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¹International Organization for Standardization. In vitro diagnostic test systems - requirements for blood glucose monitoring systems for self-testing in managing diabetes mellitus, Geneva Switzerland: International Organization for Standardization; 2003. ²International Organization for Standardization. In vitro diagnostic test systems - requirements for blood glucose monitoring systems for self-testing in managing diabetes mellitus, Geneva Switzerland: International Organization for Standardization; 2013. ³Klonoff DC et al. Diabetes Care 2018 Aug; 41(8): 1681-1688.

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CLOTHES

MAKE THE *woman*

Inspired by her type 1 diagnosis, Natalie Balmain created a diabetic-friendly fashion line

▶▶ Do you ever stare at your wardrobe wondering what you're going to wear today? What would be the easiest option to ensure you can easily access your skin for an injection? Or what clothes have big enough pockets to carry your insulin pump without a bulge?

No-one knows that feeling better than UK-based fashion designer and creative behind Type 1 Clothing, Natalie Balmain. Diagnosed with type 1 diabetes at the age of 20, Natalie – who was then a part-time model and stylist – found it easiest to wear loose or stretchy clothing that could easily be pulled down to inject, rather than taking advantage of her full wardrobe and the clothes received as a model. “Feeling restricted in your clothing choices may seem trivial to some, but after a while it really has an impact on your self-esteem and emotional wellbeing,” she explains. “I didn’t feel attractive in what I was wearing, but I was too burned-



Natalie Balmain

out to deal with the fuss of wearing nice clothes and having to traipse off to public bathrooms every time I had to inject.”

It wasn't until she re-noticed a little hole in the side seam of her trousers that she had been meaning to fix that an idea began to grow. “I did my injection through the little hole and I thought, actually this little flaw worked!” says Natalie.

“I wondered if I could apply this to other clothes and then I looked to see if anything like that – with little openings for diabetics – had been made, and there just wasn't anything.”

Natalie took the excitement and ideas influenced by her own struggles to pen and paper, and began designing this self-funded project in September 2015. Less

than two years later, the first collection of Type 1 Clothing was launched.

Designing, sourcing the fabrics and running the business herself, the dream of Type 1 Clothing was brought to life with the help of Parveen Cosr, a technical specialist who creates patterns from the designs, cuts and stitches everything in the womenswear line, and advises on practical issues.

“What I really hoped for when designing this collection was that these clothes might make people's lives a little easier, make them smile and feel good about themselves,” explains Natalie. “And hopefully that would ▶



Diabetes-friendly designs

diabetes hero



have a positive impact on their emotional wellbeing and, in turn, their ability to self-manage their condition and take care of themselves.”

Initially influenced by her own experiences, Natalie is constantly engaging with the Diabetes Online Community to discuss everyday frustrations of multiple daily injections and pump-wearing to better tailor her line.

“So many girls spoke to me of their frustrations of trying to find a dress that could accommodate their pump, or the awkwardness of injecting in public,” she says.

The collection – currently offering 12 womenswear items, including jeans, skirts, dresses and jumpsuits – features zips or slits for easy injection access, alongside special pockets that can hold insulin pumps and enable tubing



to easily feed through the clothes. “It’s very easy to trivialise these things,” says Natalie.

“But when you have to manage something like type 1 all day every day, with no days off or holidays, anything that makes your life a little easier, or helps



MORE THAN JUST FASHION

*** Over the years Natalie has raised money for JDRF, Diabetes UK and other clinical research trials, and contributed 5 per cent of the profits made from Type 1 Clothing to research. “I wanted to contribute to the many other efforts, innovations and treatments that are being developed for type 1 diabetes around the world,” she says. Natalie also shares her knowledge of diabetes – from glucose monitors to fashion, dating and alcohol – through a series of vlogs on the YouTube channel Type One TV.**

you to feel good about yourself, can make a massive difference.”

Natalie hopes to expand Type 1 Clothing to include both a junior and men’s line in the future.

“My junior denim line is currently in early stage production,” she says. “And I hope to have these out by early next year, at which point I will start work on the men’s collection.”

The success of the two-woman team has been seen through the overwhelmingly positive response to their line, with orders and messages from across the world. “I think receiving a tweet from Chelsea Clinton [daughter of Hillary Clinton who, although she does not have diabetes, does a lot of advocacy and awareness work in the area of diabetes] was definitely a highlight,” says Natalie. And, of course, it remains very personal. “I cried the first time I saw someone wearing my one of designs,” she says. ■

For more information and/or to make a purchase of Type 1 Clothing, visit t1clothing.com.

TOTAL HEALTH

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REDUCTION IN
BLOOD PRESSURE

REDUCED
CHOLESTEROL

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IN DIABETES
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break the budget
for a tasty meal

A WEEK OF
DINNERS
FOR **\$50**



How our
food works
for you
see page 77

NUTRITION INFO
PER SERVE 1690kJ,
protein 33g, total
fat 9g (sat. fat 2g),
carbs 42g, fibre 11g,
sodium 620mg
• Carb exchanges 3
• GI estimate low
• Gluten-free option

GFO

MONDAY

HONEY SOY BEEF

There's no need for takeaway
with this easy main meal.
see recipe, page 27 >>

TUESDAY

**CHICKEN &
VEGIE PIZZA**

Making your own version
from scratch is a breeze!
see recipe, page 27 >>

NUTRITION INFO

PER SERVE 1980kJ,
protein 40g, total
fat 14g (sat. fat 6g),
carbs 42g, fibre 8g,
sodium 700mg
• Carb exchanges 3
• GI estimate medium

A WEEK OF
DINNERS
FOR **\$50**

NUTRITION INFO

PER SERVE 1670kJ,
protein 42g, total
fat 13g (sat. fat 4g),
carbs 25g, fibre 8g,
sodium 617mg

- Carb exchanges 1½
- GI estimate medium
- Gluten-free option
- Lower carb

GFO LC

WEDNESDAY

**MUSTARD PORK WITH
STIR-FRIED GREENS**

A simple yet satisfying
dinner for two.
see recipe, page 28 >>

BROCCOLI PESTO PASTA

PREP TIME: 10 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

100g dried pasta of your choice
or gluten-free pasta

Basil leaves, to serve (optional)

50g baby spinach leaves

1 Lebanese cucumber, peeled
into ribbons

125g cherry tomatoes, halved

Balsamic vinegar or glaze,
to serve

Broccoli pesto

250g broccoli, cut into florets

Zest of 1 lemon

1 Tbsp fresh lemon juice

20g parmesan, finely grated

2 Tbsp extra virgin olive oil

½ bunch basil, leaves picked

Freshly ground black pepper

1 Cook the pasta in a medium saucepan of boiling water for 10-12 minutes or until al dente. Drain, reserving ¼ cup of the cooking liquid.

2 Meanwhile, to make the broccoli pesto, cook broccoli in a steamer basket over a saucepan of simmering water for 2 minutes or until the broccoli is just al dente. Set aside for 5 minutes to cool. Put the broccoli, lemon zest, lemon juice, parmesan, oil, basil and pepper in a small food processor.

Cover and process until finely chopped and well combined.

3 Return the pasta and reserved cooking liquid to the pan. Add broccoli pesto. Toss to combine.

Divide broccoli pesto pasta between serving bowls.

Top with basil leaves,

if desired. Toss

together the

spinach, cucumber

and tomatoes.

Serve pesto

pasta with

the salad,

drizzling

with a little

balsamic

vinegar

or glaze. ➤

GFO

THURSDAY

NUTRITION INFO

PER SERVE 1900kJ,

protein 17g, total

fat 23g (sat. fat 5g),

carbs 40g, fibre 10g,

sodium 193mg

• Carb exchanges 2½

• GI estimate low

• Gluten-free option



GFO

FRIDAY

QUICK MUSHROOM, CHICKEN & ROSEMARY RISOTTO

Who said risotto was tough
to make? Not us, especially
with this no-stir recipe.

see recipe, page 28 >>

A WEEK OF
DINNERS
FOR **\$50**

NUTRITION INFO

PER SERVE 2130kJ,
protein 41g, total
fat 11g (sat. fat 3g),
carbs 47g, fibre 8g,
sodium 481mg
• Carb exchanges 3
• GI estimate low
• Gluten-free option



Honey soy beef

HONEY SOY BEEF

PREP TIME: 10 MINS

COOK TIME: 10 MINS

SERVES 2 (AS A MAIN)

120g Fantastic Hokkien Thin Fresh Noodles or gluten-free noodles

2 tsp cornflour or gluten-free cornflour

3 tsp salt-reduced soy sauce or gluten-free soy sauce

3 tsp sweet chilli sauce or gluten-free sweet chilli sauce

Juice of ½ lemon

1 Tbsp honey

1 clove garlic, crushed

2 tsp olive oil

200g lean rump steak, trimmed of fat, thinly diagonally sliced

½ brown onion, cut into thin wedges

200g broccoli, cut into small pieces

2 zucchini, diagonally sliced

2 Tbsp water

50g baby spinach leaves

1 Put the noodles in a medium heatproof bowl and cover with boiling water. Set aside for 2 minutes. Drain and separate the noodles. Set aside. Combine the cornflour, soy sauce, sweet chilli sauce, lemon juice, honey and garlic in a small bowl. Set aside.

2 Heat half the oil in a large non-stick wok over high heat until the oil starts to smoke. Add the beef and stir-fry for



Chicken & veggie pizza

1-2 minutes or until the meat just changes colour. Transfer to a plate.

3 Heat the remaining oil in the wok over medium-high heat. Add the onion, broccoli and zucchini. Stir-fry for 2 minutes. Add the water. Cover and cook for 1 minute or until the vegetables are just tender.

4 Add the spinach and noodles to the wok. Toss to combine. Add the sauce mixture and toss until heated through. Serve.

CHICKEN & VEGIE PIZZA

PREP TIME: 10 MINS

COOK TIME: 25 MINS

SERVES 2 (AS A MAIN)

40g (¼ cup) wholemeal self-raising flour

40g (¼ cup) self-raising flour

90g (⅓ cup) no-fat Greek-style natural yoghurt, plus 2 Tbsp extra, to serve

170g skinless chicken breast fillet, trimmed of fat

1½ Tbsp hummus

1 small red capsicum, cut into thin strips

1 zucchini, thinly sliced into rounds
70g button mushrooms, sliced
60g (½ cup) reduced-fat grated cheddar
2 tsp sweet chilli sauce

1 Preheat oven to 190°C (fan-forced). Combine the flours and yoghurt in a small bowl until they come together to form a dough. Turn out on a lightly floured surface. Spray a 28cm round pizza tray with cooking spray. Using a lightly floured rolling pin, roll dough out to line tray. Bake for 10-12 minutes or until base is cooked through.

2 Meanwhile, preheat a chargrill pan on medium-high. Spray the chicken with cooking spray and add to the pan. Cook for 4 minutes each side, or until cooked through.

Transfer to a plate and set aside for 5 minutes. Thinly slice.

3 Spread hummus over the pizza base. Top with the sliced chicken, capsicum, zucchini, mushrooms and cheese. Bake for 10 minutes or until the vegetables are tender. Drizzle extra yoghurt and sweet chilli sauce over pizza. Serve. ➤

Health Tip

Turn an occasional treat meal into an everyday favourite by making your pizzas from scratch and topping with plenty of vegetables, lean protein and reduced-fat cheese. To add some extra vegies to your meal, serve with a fresh garden salad.



mains



Mustard pork with stir-fried greens

MUSTARD PORK WITH STIR-FRIED GREENS

PREP TIME: 10 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

- 1 tsp olive oil
- 2 x 150g pork loin steaks, trimmed of fat
- Freshly ground black pepper
- 2 tsp wholegrain mustard or gluten-free mustard
- 2 tsp honey
- ½ tsp salt-reduced stock powder or gluten-free stock powder
- 125ml (½ cup) boiling water
- 2 Tbsp light sour cream
- 300g Spud Lite baby potatoes, halved or quartered, steamed, to serve

Stir-fried greens

- 1 tsp olive oil
- 1 clove garlic, crushed
- 1 bunch silverbeet, inner stem removed, shredded
- ½ bunch Chinese broccoli, washed, chopped

1 To make stir-fried greens, heat oil in a large non-stick frying pan over a medium-high heat. Add garlic. Cook, stirring, for 10 seconds. Add silverbeet and broccoli to pan and cook, tossing, for 2-3 minutes or until leaves start to wilt. Transfer to a plate. Cover with foil to keep warm, Set aside.

2 Heat oil in pan over medium-



Quick mushroom, chicken & rosemary risotto

high heat. Season pork and add to pan. Reduce heat to medium. Cook for 1½ -2 minutes each side or until just cooked through. Transfer to a plate, cover loosely with foil and set aside. Add mustard, honey, combined stock and water to pan. Simmer for 2-3 minutes or until sauce reduces and thickens slightly (you want a spoonable consistency). Remove pan from heat and stir in sour cream.

3 Divide pork, greens and potatoes between plates. Spoon mustard sauce over pork. Serve.

QUICK MUSHROOM, CHICKEN & ROSEMARY RISOTTO

PREP TIME: 10 MINS

COOK TIME: 25 MINS

SERVES 2 (AS A MAIN)

- 2 tsp extra virgin olive oil
- 300g button mushrooms, thinly sliced
- 1 brown onion, finely chopped
- 2 celery sticks, chopped
- 1 clove garlic, crushed or finely chopped
- 100g (½ cup) Doongara Low GI White Rice
- 1 tsp salt-reduced stock powder or gluten-free stock powder
- 330ml (1½ cups) boiling water
- 2 zucchini, coarsely grated
- 2 sprigs rosemary, leaves picked, chopped, plus extra to serve (optional)

250g skinless chicken breast, trimmed of fat

Freshly ground black pepper

20g parmesan, finely grated

1 Heat the oil in a medium saucepan over a medium heat. Add the mushrooms, onion, celery and garlic. Cook, stirring occasionally, for 6-7 minutes, or until the onion starts to soften. Add the rice and cook, stirring, for 2 minutes.

2 Add combined stock powder and water to the pan. Bring to a simmer. Reduce heat to medium-low. Cook, covered, for 10 minutes. Add zucchini and rosemary. Cook, covered, for a further 5 minutes or until rice is tender and most of the moisture is absorbed. Remove the pan from the heat and set aside, covered, for a further 5 minutes.

3 Meanwhile, preheat a chargrill pan over a medium-high heat. Spray chicken with cooking spray and season with pepper. Add chicken to pan and reduce heat to medium. Cook for 4 minutes each side, or until chicken is cooked through. Transfer to a plate to cool slightly. Once cool, shred or slice chicken.

4 Season rice mixture with pepper. Top with chicken, or stir through. Sprinkle with parmesan, and extra rosemary leaves, if desired, and serve.





YOUR shopping list

GROCERIES

- ☐ 500g pkt dried pasta
- ☐ 750g pkt Doongara Low GI White Rice
- ☐ 450g pkt Fantastic Thin Hokkien Fresh Noodles

FRUIT AND VEGETABLES

- ☐ 450g broccoli
- ☐ 750g pkt Spud Lite Potatoes
- ☐ 370g button mushrooms
- ☐ 100g baby spinach leaves
- ☐ 1 bunch Chinese broccoli
- ☐ 1 Lebanese cucumber
- ☐ 1 small red capsicum
- ☐ 5 zucchini
- ☐ ½ bunch celery
- ☐ 2 brown onions
- ☐ 250g punnet cherry tomatoes
- ☐ 2 lemons
- ☐ 1 bunch basil
- ☐ 1 bunch rosemary
- ☐ 1 bunch silverbeet

MEAT & CHICKEN

- ☐ 420g skinless chicken breast fillet

- ☐ 200g lean rump steak
- ☐ 2 x 150g pork loin steaks

CHILLED

- ☐ 500g tub no-fat Greek-style natural yoghurt
- ☐ 100g tub hummus
- ☐ 300ml tub lite sour cream

HOME

- ☐ Balsamic vinegar or glaze
- ☐ Wholegrain mustard
- ☐ Parmesan
- ☐ Reduced-fat grated cheddar
- ☐ Olive oil/Extra virgin olive oil
- ☐ Black pepper
- ☐ Wholemeal self-raising flour
- ☐ Self-raising flour
- ☐ Sweet chilli sauce
- ☐ 3 cloves garlic
- ☐ Cornflour
- ☐ Salt-reduced soy sauce
- ☐ Honey
- ☐ Salt-reduced stock powder

LEFTOVERS

GROCERIES

Pasta: Use in soups or to make a pasta salad.

Yoghurt: Serve with your cereal with some fresh fruit for breakfast, use in smoothies or serve with fresh fruit as a snack.

Hummus: Serve with veggie sticks as a snack or spread a little on your sandwich and top with some yummy healthy toppings.

Rice: Serve with your favourite healthy curry or make a rice salad to serve with barbecued meats or seafood.

Noodles: Cook noodles with some frozen chopped vegies. Drain and toss in some spinach leaves and some shredded cooked chicken. Toss in a little sweet chilli sauce, soy sauce and a drizzle of lime juice.

Sour cream: Use in sauces or baking.

FRUIT AND VEGETABLES

Cherry tomatoes: Eat as a snack!

Basil: Use on sandwiches to add a flavour kick or throw in a salad.

Celery: Eat as a snack, throw into your salads, slice and put on sandwiches or use in stir-fries.

Rosemary: Use in marinades or finely chop and use in dressings.

Onion: Slice and throw onto the barbie with your steak and vegies. Use in pasta sauces or roast with your vegies.

Lemon: Use in sauces, salad dressings or squeeze into some boiling water with a drizzle of honey and some fresh mint leaves for an evening drink.

Potatoes: Slice and cook on the barbecue until tender. Toss in some fresh herbs, a little extra virgin olive oil, crushed garlic, freshly ground black pepper and a squeeze of lemon or lime juice.

Chinese broccoli: Use in stir-fries or steam and serve as a side. ■

Gluten free *every day*

It's Coeliac Awareness Week in March –
these favourites are all gluten-free

\$4.50
PER SERVE

How our
food works
for you
see page 77

NUTRITION INFO

PER SERVE 2370kJ,
protein 30g, total fat 22g (sat. fat
6g), carbs 55g, fibre 9g, sodium
315mg • Carb exchanges 3½ • GI
estimate medium • Gluten free

GF

HAM, PEA & POLENTA CAKES

This savoury sensation
puts the spotlight firmly
on healthy eating.
see recipe, page 34 >>



\$4.50
PER SERVE

free from

GF LC

CHICKEN, BROCCOLINI & BEETROOT SALAD WITH AVOCADO PESTO

The ultimate superfood dinner, to give your body a boost.
see recipe, page 34 >>

NUTRITION INFO
PER SERVE 1480kJ, protein 27g, total fat 22g (sat. fat 4g), carbs 8g, fibre 8g, sodium 90mg
• Carb exchanges ½
• GI estimate low
• Gluten free
• Lower carb



GF LC

PEA, FETA & HERB FRITTATA

A delicious vegetarian omelette with peas, cream cheese and zucchini.
see recipe, page 35 >>

NUTRITION INFO
PER SERVE 1500kJ, protein 25g, total fat 19g (sat. fat 7g), carbs 18g, fibre 8g, sodium 580mg
• Carb exchanges 1
• GI estimate medium
• Gluten free
• Lower carb



\$2.35
PER SERVE

free from



\$4.40
PER SERVE

GF

MARMALADE PORK

A citrus spread adds some zest to not-so-humble chops.

see recipe, page 35 >>

NUTRITION INFO

PER SERVE 1530kJ,
protein 38g,
total fat 7g (sat. fat 2g),
carbs 32g, fibre 9g,
sodium 217mg
• Carb exchanges 2
• GI estimate medium
• Gluten free



GF

SUPERFOOD SALAD WITH CITRUS DRESSING

With broccolini, baby spinach and more, this is great body fuel.

see recipe, page 35 >>

NUTRITION INFO

PER SERVE 2000kJ,
protein 19g, total fat 22g
(sat. fat 4g), carbs 47g,
fibre 10g, sodium 284mg
• Carb exchanges 3
• GI estimate medium
• Gluten free



\$4.75
PER SERVE

GF LC

CAJUN GRILLED CHICKEN WITH BEAN SALAD & GUACAMOLE

This burst of spice is good for you and great to taste.
see recipe, page 36 >>

\$5.45
PER SERVE

NUTRITION INFO

PER SERVE 1820kJ,
protein 37g, total
fat 17g (sat. fat 4g),
carbs 25g, fibre 13g,
sodium 340mg

- Carb exchanges 1½
- GI estimate low
- Gluten free
- Lower carb

free from



Ham, pea & polenta cakes

HAM, PEA & POLENTA CAKES

PREP TIME: 20 MINS

COOK TIME: 25 MINS

SERVES 2 (AS A MAIN)

- 150g orange sweet potato, chopped
- 150g floury potatoes (such as King Edward), chopped
- 100g frozen baby peas, defrosted
- 100g gluten-free, salt-reduced shaved ham, shredded
- Small handful mint leaves, chopped
- Zest 1 lemon
- 3 green shallots, thinly sliced
- Pinch cayenne pepper, plus extra to serve
- 6 Tbsp fine polenta or 4 Tbsp gluten-free plain flour
- 1 eggwhite (from 60g egg) and 2 x 60g eggs
- 1 Tbsp canola or olive oil
- 2 Tbsp light sour cream
- 1 cup rocket leaves
- 2 tsp balsamic vinegar
- ½ tsp extra virgin olive oil

1 Put both kinds of potato in a saucepan and cover with plenty of cold water. Cover and bring to boil over high heat. Reduce heat to medium and simmer, partially covered, for 10-15 minutes or until tender. Drain well and return to pan. Mash until smooth. Set aside to cool.



Chicken, broccolini & beetroot salad with avocado pesto

2 Tip mash into a large bowl.

Add peas, shredded ham, mint, lemon zest, shallots, cayenne pepper and 3 Tbsp polenta. Whisk eggwhite and add to mash mixture. Mix well. Form the mixture into 6 cakes.

3 Tip remaining polenta onto a plate and roll cakes in it to coat. The mixture will be quite wet at this stage, but extra polenta will help keep them together during cooking. Cover cakes and put them in the fridge for 15 minutes to chill.

4 Heat oil in a large non-stick frying pan over medium heat. Add cakes and cook for 3-4 minutes each side or until they are golden and warmed through.

5 Meanwhile, poach the 2 eggs in a pan of barely simmering water for about 3 minutes until yolk is soft and white is set.

6 Put polenta cakes on plates with 1 Tbsp each of sour cream. Top with poached eggs and a little cayenne pepper. Serve with rocket and drizzle with combined vinegar and olive oil.

CHICKEN, BROCCOLINI & BEETROOT SALAD WITH AVOCADO PESTO

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A MAIN)

- 250g broccolini
- 2 tsp olive oil



Pea, feta & herb frittata

- 375g skinless chicken breasts, trimmed of fat
- Freshly ground black pepper

1 red onion, thinly sliced

- 100g picked watercress or baby spinach leaves

2 raw beetroot, peeled, grated

Zest 1 lemon

1 tsp nigella seeds

Avocado pesto

1 small bunch basil

1 avocado

1 small clove garlic, crushed

25g walnut halves

1 Tbsp olive oil

Juice of 1 lemon

3 Tbsp cold water

Freshly ground black pepper

1 Bring a large saucepan of water to boil. Add broccolini and cook for 2 minutes. Drain, then refresh under cold water. Pat dry with a clean tea towel.

2 Preheat a large chargill pan on medium-high heat. Toss broccolini in ½ tsp oil. Add to grill and cook for 2-3 minutes, turning often, or until a little charred. Set aside to cool. Brush chicken with remaining oil and season with pepper. Add chicken to chargill and cook for 3-4 minutes each side or until cooked through. Set aside to cool, then slice or shred into chunky pieces.

3 To make avocado pesto, pick leaves from basil and set aside



Marmalade pork

a handful to top salad. Put remainder in a food processor. Scoop flesh from avocado and add to food processor with garlic, walnuts, oil, 1 Tbsp lemon juice, water and pepper. Process until smooth, then transfer to a serving dish. Pour remaining lemon juice over onions.

4 Pile watercress onto a large platter. Toss through broccolini and onion, along with the lemon juice they were soaked in. Top with grated beetroot and chicken. Scatter over reserved basil, lemon zest and nigella seeds. Serve with avocado pesto.

PEA, FETA & HERB FRITTATA

PREP TIME: 15 MINS

COOK TIME: 40 MINS

SERVES 4 (AS A MAIN)

300g baby Spud Lite potatoes, halved if large

4 x 60g eggs and 2 eggwhites (from 60g eggs)

2 Tbsp skim milk

1 clove garlic, crushed

1 Tbsp gluten-free wholegrain mustard

Handful mixed herbs, such as dill, mint and parsley, roughly chopped

Freshly ground black pepper

3 Tbsp light cream cheese

1 Tbsp olive oil

1 large zucchini, coarsely grated



Superfood salad with citrus dressing

½ tsp chilli flakes

150g (1 cup) frozen peas, defrosted

100g reduced-fat feta, crumbled

60g sundried tomatoes, drained, roughly chopped

100g salad leaves, washed, dried, to serve

1 Put potatoes in a saucepan of cold water. Bring to boil over high heat. Reduce heat to medium and simmer for 10-15 minutes or until tender. Drain and set aside to cool. Once cool, thinly slice.

2 Whisk eggs, eggwhites, milk, garlic, mustard and herbs. Season with pepper. Add cream cheese and fold through just a little so some lumps remain. Preheat grill to medium-high.

3 Heat oil in a 23cm non-stick frying pan over medium heat. Add potatoes and cook for 5 minutes or until they start to turn golden. Add in zucchini and chilli flakes and cook, stirring, for 2 minutes. Stir through peas.

4 Tip egg mixture into pan and scatter with feta and sundried tomatoes. Reduce heat to low and cook for 10-12 minutes until almost set. Put pan under grill and cook for 3-5 minutes or until frittata is puffed, golden and cooked through. Cut into wedges and serve with salad leaves.

MARMALADE PORK

PREP TIME: 5 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A MAIN)

1 Tbsp olive oil

2 cloves garlic, sliced

4 x 125g pork steaks, trimmed of fat

Freshly ground black pepper

200ml hot gluten-free, salt-reduced stock

4 tbsp chunky marmalade

1 Tbsp thyme leaves

300g baby Spud Lite potatoes, halved, steamed, to serve

300g (2 cups) frozen peas, steamed, to serve

200g broccoli, steamed, to serve

1 Heat oil in a large non-stick frying pan over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add pork to pan and season with pepper. Cook for 2-3 minutes each side, or until cooked through. Transfer pork to a plate, cover loosely with foil and set aside.

2 Add combined stock, marmalade and thyme to pan. Cook, stirring, for 1-2 minutes or until mixture bubbles and is well combined. Return pork to pan and coat in sauce. Serve marmalade pork with steamed vegetables.

SUPERFOOD SALAD WITH CITRUS DRESSING

PREP TIME: 25 MINS

COOK TIME: 5 MINS

SERVES 6 (AS A MAIN)

250g broccolini, cut into bite-sized chunks

200g shelled frozen edamame

1 ripe avocado

250g cooked quinoa

100g baby spinach leaves

Handful mixed herbs (parsley, basil, coriander or mint all work well), chopped ➤

free from

100g frozen or fresh pomegranate seeds, defrosted if frozen
100g pumpkin seeds, toasted (see Cook's Tip)
6 x 80g seeded gluten free rolls

Citrus dressing

Zest and juice 1 lemon or lime
Zest and juice 1 orange
1 Tbsp white wine vinegar
1 Tbsp gluten-free mustard
1 Tbsp extra virgin olive oil

1 Bring a saucepan of water to boil and fill a large bowl with ice-cold water. Add broccolini to pan and cook for 1 minute. Add edamame beans to pan and cook for 1 minute or until broccoli is cooked but still has a bite to it. Drain and then drop vegetables straight into the cold water – this quickly cools them down, retaining their bite and bright colour. Set aside for 1-2 minutes or until cool. Drain and set aside in colander while you prepare remaining ingredients.

2 To make the citrus dressing, whisk all ingredients in a medium bowl. Halve, stone and peel avocado, then cut into chunky dice and add straight to dressing (this will stop avocado from turning brown). Add in quinoa, spinach, herbs, half the pomegranate seeds and pumpkin seeds, and cooked vegetables, to bowl. Then gently toss everything together.

3 Transfer salad to a serving platter. Scatter with remaining pomegranate and pumpkin seeds, and serve, with 1 bread roll per guest as an accompaniment.

COOK'S TIP

To toast pumpkin seeds, dry fry them in a small non-stick frying pan over medium heat for 2-3 minutes or until they are lightly toasted and aromatic.



Cajun grilled chicken with bean salad & guacamole

CAJUN GRILLED CHICKEN WITH BEAN SALAD & GUACAMOLE

PREP TIME: 15 MINS (+ MARINATING)

COOK TIME: 10 MINS

SERVES 2 (AS A MAIN)

1 tsp olive oil
½ tsp dried oregano
½ tsp dried thyme
1 tsp smoked paprika
½ tsp cayenne pepper
1 clove garlic, finely chopped
2 x 125g skinless chicken breast fillets, trimmed of fat (see Make it vegetarian for alternative)

Bean salad

100g cooked black-eyed, butter or cannellini beans
1 large tomato, deseeded, diced
125g can corn kernels, drained
2 green shallots, trimmed, finely chopped
25g semi-dried tomatoes, roughly chopped
Zest and juice 1 lime
Small handful coriander, finely chopped

Guacamole

½ avocado, halved, stone removed, peeled
¼ red chilli, deseeded, finely chopped
1 tsp olive oil
Juice ½ lime
Small handful coriander, finely chopped

1 Put oil, oregano, thyme, paprika, pepper and garlic in a large sealable bag. Shake to combine. Put chicken breasts in bag and turn to coat. Bash chicken with a rolling pin to flatten a little, then set aside to marinate for at least 15 minutes.

2 To make bean salad, mix all ingredients in a bowl. Stir well and set aside.

3 To make guacamole, scoop flesh from avocado and put it in a medium bowl, chopping it roughly with the side of the spoon. Add remaining ingredients and mix them well. (If you prefer your guacamole to be smoother, mash the avocado well with olive oil and lime juice first, until it's at your preferred consistency, before stirring in the other ingredients.)

4 Preheat a grill on medium. Line a grill tray with foil. Place chicken on lined tray and cook for about 4 minutes each side, or until cooked through.

5 Plate up chicken breasts with bean salad and guacamole. ■

Make it vegetarian GF LC

Divide 250g firm **tofu** into 8 slices. Pat dry and then rub a spoonful of store-bought **Cajun mix** into each slice. Place **tofu** on a sheet of foil and grill for 4-5 minutes on each side, or until golden.

\$5.25
PER SERVE

NUTRITION INFO

PER SERVE 1900kJ,
protein 24g, total fat 24g
(sat. fat 4g), carbs 25g,
fibre 18g, sodium 340mg
• Carb exchanges 1½
• GI estimate low
• Gluten free • Lower carb



BEWARE OF IMITATIONS.

STILL THE ORIGINAL. STILL THE BEST.



MODERN *vegie*

How our
food works
for you
see page 77

NUTRITION INFO **GFO**

PER SERVE 1600kJ,
protein 17g, total
fat 19g (sat. fat 7g),
carbs 31g, fibre 10g,
sodium 419mg
• Carb exchanges 2
• GI estimate medium
• Gluten-free option

Moreish meat-free inspiration for dinner

ITALIAN EGGPLANT BAKE

PREP TIME: 10 MINS

COOK TIME: 50 MINS

SERVES 4 (AS A MAIN MEAL)

2 eggplants, halved lengthways, sliced
2 Tbsp olive oil
2 x 400g cans no-added-salt chopped tomatoes
2 cloves garlic, crushed
70g Kalamata olives
Small bunch basil, leaves picked, $\frac{3}{4}$ torn
2 ciabatta rolls or gluten-free rolls, torn into chunks
150g mozzarella, torn or chopped into pieces

1 Preheat oven to 180°C (fan-forced). Toss the eggplant with the oil in a large roasting pan. Roast for 15 minutes. Stir in the tomatoes, garlic, olives and torn basil leaves. Cook for a further 10 minutes.

2 Top with the bread chunks and dot with the pieces of mozzarella. Bake for a further 25 minutes. Scatter with the remaining basil leaves to serve.

HEALTH TIP

An all-in-one healthy Italian traybake that's full of protein and high in fibre. ➤

\$3.70
PER SERVE

mid-week meals

FALAFEL BURGERS

PREP TIME: 10 MINS

COOK TIME: 10 MINS

SERVES 4 (AS A MAIN)

400g can no-added-salt chickpeas,
rinsed and drained

1 small red onion, roughly
chopped, plus ½ onion extra,
thinly sliced, to serve

1 clove garlic, chopped

Handful flat-leaf parsley

1 tsp ground cumin

1 tsp ground coriander

½ tsp harissa paste or
chilli powder

2 Tbsp plain flour

2 Tbsp olive oil

4 (65g each) wholemeal
pittas, toasted

1 baby cos, leaves separated

1 Lebanese cucumber, sliced

200g tomato salsa

1 Pat chickpeas dry with paper towel. Tip into a food processor along with the onion, garlic, parsley, cumin, coriander, harissa paste and flour. Process until fairly smooth. Shape into four patties.

2 Heat the oil in a large non-stick frying pan over medium heat.

Add burgers and cook for 3 minutes each side or until lightly golden.

3 Carefully split the pita, without separating completely. Fill with lettuce, cucumber, extra onion, falafel and salsa. Serve. ➤

Health Tip

Chickpeas contain the perfect mix of protein, fibre and low GI carbs, making them the perfect food to help manage hunger and blood glucose levels.

\$2.85
PER SERVE

NUTRITION INFO

PER SERVE 1650kJ,
protein 13g, total
fat 12g (sat. fat 2g),
carbs 51g, fibre 11g,
sodium 624mg
• Carb exchanges 3½
• GI estimate medium

NUTRITION INFO

PER SERVE 2140kJ,
protein 26g, total
fat 21g (sat. fat 6g),
carbs 51g, fibre 8g,
sodium 461mg
• Carb exchanges 3½
• GI estimate low

\$2.45
PER SERVE

**CAULIFLOWER
MAC & CHEESE**

see recipe, page 43 >>

mid-week meals

NUTRITION INFO

PER SERVE 1400kJ,
protein 21g, total
fat 17g (sat. fat 4g),
carbs 18g, fibre 8g,
sodium 211mg

- Carb exchanges 1
- GI estimate low
- Lower carb

POACHED EGGS WITH BROCCOLINI & TOMATOES

PREP TIME: 5 MINS

COOK TIME: 10 MINS

SERVES 2 (AS A MAIN)

- 1 bunch broccolini, trimmed and halved lengthways
- 200g cherry tomatoes on the vine
- 4 x 60g eggs
- 2 wholemeal flatbreads (see recipe, below right)
- 2 tsp mixed seeds (such as sunflower, pumpkin, sesame and linseed)
- 1 tsp extra virgin olive oil
- Good pinch of chilli flakes
- 1 large apple, pear or nectarine, to serve

1 Preheat oven to 100°C (fan-forced). Place an ovenproof plate inside the oven to keep warm.

2 Fill a wide-based saucepan one-third full with boiling water and bring to the boil. Add the

broccolini and cook for 2 minutes. Add the tomatoes, return to the boil and cook for 30 seconds. Lift out with tongs or a slotted spoon and place on warm plate in the oven while you poach the eggs.

3 Return the water to a gentle simmer. Break the eggs into the pan, one at a time, and cook for 2½-3 minutes or until the whites are set and the yolks are runny.

4 Divide the flatbreads between the two plates and top with the broccolini and tomatoes. Use a slotted spoon to drain the eggs, then place on top. Sprinkle with the seeds and drizzle with the oil. Season with a little black pepper and the chilli flakes. Serve immediately with the apple.

WHOLEMEAL FLATBREADS

PREP TIME: 10 MINS

COOK TIME: 10 MINS

MAKES 8 (1 PER SERVE; AS A SIDE)

- 55g (⅓ cup) wholemeal plain flour, plus extra for dusting
- 1 Tbsp extra virgin olive oil
- 225ml lukewarm water

\$4.50
PER SERVE

LC

POACHED EGGS WITH BROCCOLINI & TOMATOES

see recipe, above >>



1 Put the flour in a medium bowl and rub in the oil with your fingertips. Stir in the warm water, mix thoroughly, then knead until the dough feels smooth and elastic.

2 Put the dough onto a lightly floured surface and divide into eight balls. Sprinkle the work surface with a little more flour and roll out one of the balls very thinly, using a floured rolling pin, to about 22cm in diameter. Turn the dough regularly and sprinkle with a little more flour if it begins to stick. Set aside and make the other flatbreads in the same way. If making ahead, freeze before cooking.

3 Put a medium non-stick frying pan over a high heat and, once hot, add one of the flatbreads. Cook for about 30 seconds, then turn over and cook on the other side for 30 seconds. Press the flatbread with a spatula while cooking to encourage it to puff up and cook inside – it should be lightly browned in patches and look fairly dry, without being crisp. Repeat with rest of the flatbreads, keeping them warm by wrapping in a tea towel until ready to serve.

COOK'S TIP

If you so desire, freeze the remaining flatbreads before cooking for another day, or cook all the flatbreads and enjoy with a veggie curry another night.

NUTRITION INFO **LC**
PER SERVE 186kJ,
protein 1g, total fat 2g
(sat. fat 0g), carbs 4g,
fibre 1g, sodium 1mg
• Carb exchanges ½
• GI estimate high
• Lower carb



Cauliflower mac & cheese

CAULIFLOWER MAC & CHEESE

PREP TIME: 10 MINS

COOK TIME: 1 HOUR

SERVES 6 (AS A MAIN MEAL)

1kg cauliflower, cut into small florets
1 Tbsp olive oil
½ small bunch thyme, leaves picked
300g dried macaroni
50g light margarine
50g (⅓ cup) plain flour
2 tsp dry mustard powder
700ml skim milk
140g reduced-fat grated cheddar
50g parmesan, finely grated
50g unsalted macadamias, roughly chopped

1 Preheat oven to 170°C (fan-forced). Toss the cauliflower with the oil and half the thyme. Spread out on a large baking tray lined with baking paper. Roast for 20 minutes or until softened and golden brown.

*Comfort
food just
got a
whole lot
healthier*

Meanwhile, bring a saucepan of water to the boil and cook the pasta following packet instructions, until al dente. Drain.

2 Melt the margarine in a medium saucepan over medium heat. Stir in the flour and mustard and cook, stirring, for 2 minutes. Remove the pan from the heat and gradually whisk in the milk and remaining thyme. Return to heat and cook for 4-5 minutes, whisking all the time, until you have a thick, smooth sauce.

Remove pan from heat and stir in cheddar and half the parmesan.

3 If the macaroni is sticking together, pour a little boiling water over it, then drain and add to the sauce with the cauliflower. If the sauce is a bit thick, add a splash more milk. Tip into a large, shallow, ovenproof dish. Sprinkle over the remaining parmesan and top with the macadamias. Bake for 20 minutes or until heated through and light golden brown on top. ■

Health Tip

Adding cauliflower to high-carb favourites such as mac & cheese will help reduce the carb content significantly, giving a good hit of nutrients and fibre!



lunch ideas

Time for lunch



\$4.00
PER SERVE

\$1.40
PER SERVE

\$1.85
PER SERVE

\$1.80
PER SERVE

\$4.05
PER SERVE

mains

Want a holiday in Bali this year? Save around \$10 per day by taking your lunch to work instead of buying it! Mix and match the snacks and mains for a satisfying and budget-friendly midday meal

LUNCHBOX TIPS

- **Freeze a small bottle of water** to keep the rest of the lunchbox cool – it should defrost by lunchtime, ready for drinking.
- **A mini thermos** or insulated jar is a great way to keep all kinds of soups and stews warm through the colder months, and other food, such as salads, cool during the hotter months.
- **Adapt recipes** to suit individual tastes, making sure to include protein, low GI carbohydrates (such as whole grains and pasta), calcium and enough fruit and veg to help reach your 7-a-day.



\$1.80
PER SERVE

\$1.65
PER SERVE

\$1.00
PER SERVE

80¢
PER SERVE

15¢
PER SERVE

snacks

mains

Quick and easy recipes for a meal to keep you going until dinner

PLOUGHMAN'S LUNCHBOX

Cut a 40g chunk of reduced-fat **cheddar** and 1 small **apple** into wedges. Place 2 **Little Gem lettuce leaves** in a container, then spoon 1 Tbsp **tomato chutney** into one leaf and use the other leaf to hold a salad made of 1 small grated **carrot**, 3 **cherry tomatoes** and 1 Tbsp trimmed **snow pea sprouts**. Serve with a selection of crackers, if you like. Serves 1 (as a light meal).

PER SERVE 1220kJ, protein 13g, total fat 10g (sat. fat 6g), carbs 32g, fibre 8g, sodium 430mg • Carb exchanges 2 • GI estimate low



through before whizzing with a hand held blender until smooth. Stir in 1 Tbsp **light sour cream** and 50ml **skim milk**. Pour into a thermos. Serves 2 (as a light meal).

PER SERVE 1260kJ, protein 10g, total fat 14g (sat. fat 3g), carbs 30g, fibre 9g, sodium 484mg • Carb exchanges 2 • GI estimate low

MINI HAM ROLLS LC

Mix 1 Tbsp 97% fat-free **mayonnaise** with 1 tsp each **wholegrain mustard** and **honey**. Split 2 small **wholemeal dinner rolls** in half and spread each side with the mayo mix. Stuff each roll with 2-3 slices **cucumber**, 1 **Baby Gem lettuce leaf** and 1 slice **ham**. Serves 2 (as a light meal).

PER SERVE 660kJ, protein 9g, total fat 2g (sat. fat 0g), carbs 24g, fibre 3g, sodium 431mg • Carb exchanges 1½ • GI estimate medium • Lower carb



97% fat-free **mayonnaise**. Pour onto the pasta, then stir in 2 Tbsp chopped **basil** and 6 quartered **cherry tomatoes**. Serves 2 (as a light meal).

PER SERVE 893kJ, protein 8g, total fat 2g (sat. fat 0g), carbs 37g, fibre 7g, sodium 218mg • Carb exchanges 2½ • GI estimate low

CHICKEN GUACAMOLE WRAP LC

Take 1 **tortilla wrap** and spread 1½ Tbsp mashed **avocado** mixed with 1 tsp fresh **lemon juice**, down the middle. Lay 40g shredded **chicken breast** and ¼ sliced **red capsicum** on top. Sprinkle with 20g reduced-fat grated **cheddar cheese** and roll up tightly. Wrap in greaseproof or baking paper and tie with string, or roll tightly in plastic wrap. Serves 1 (as a light meal).

PER SERVE 1360kJ, protein 20g, total fat 16g (sat. fat 5g), carbs 23g, fibre 2g, sodium 370mg • Carb exchanges 1½ • GI estimate low • Lower carb



SWEET POTATO & CHICKPEA SOUP

Heat 1 Tbsp **olive oil** in a small saucepan; soften 1 finely diced **brown onion** for 3 minutes. Add 2 sliced cloves **garlic**, cook for 3 minutes. Add 1 tsp each **ground cumin** and **ground coriander** and cook for 1 minute. Add 1 (400g) **orange sweet potato**, cut into 1cm cubes. Fry for 2 minutes. Pour over 400ml boiling **water** and 200ml salt-reduced hot **vegetable stock**. Simmer for 10 minutes until **potato** is tender. Add 2 x 125g cans drained **chickpeas**. Heat



VERY EASY PASTA SALAD

Cook 85g dried **wholemeal pasta** in a small saucepan of boiling water, adding 3 Tbsp each **frozen peas** and **frozen corn** for the final minute. Drain and rinse in cold water. Mix 1 Tbsp each low-fat **natural yoghurt** and 97% fat-free **balsamic dressing**, with 1 tsp



snacks

Keep hunger pangs at bay with these healthy nibbles

BEAN DIP WITH VEGIE STICKS

GF LC

Whizz together ½ 420g can drained **butter beans**, a squeeze fresh **lemon juice**, 1 small crushed clove **garlic**, 1 Tbsp each chopped **parsley** and **mint**, 2 tsp **olive oil** and 1 Tbsp **water**. Serve with dippers made from 1 **celery** stick, 1 **carrot** and ½ small red **capsicum**. Serves 2 (as a snack).

PER SERVE 422kJ, protein 3g, total fat 5g (sat. fat 1g), carbs 8g, fibre 6g, sodium 221mg • Carb exchanges ½ • GI estimate low • Gluten free • Lower carb



APRICOT YOGHURT GRANOLA POTS

Mix 120g **rolled oats**, 1 Tbsp **honey** and ½ Tbsp **sunflower oil** in a baking tray lined with baking paper. Spread out and bake in an oven preheated to 180°C (fan-forced) for 6 minutes. Stir and bake for a further 7 minutes. Cool. Mix with 80g **dried fruits**. For one serving, mix 50g low-fat **natural yoghurt** with ½ Tbsp 100% **apricot fruit jam** in a container. Store granola in an airtight container and portion into a small bag when packing lunchbox. Serves 8 (as a snack).

PER SERVE 690kJ, protein 5g, total fat 3g (sat. fat 0g), carbs 28g, fibre 2g, sodium 52mg • Carb exchanges 2 • GI estimate low



sunflower oil with 100g **caster sugar**. Add 200g mashed cooked **carrots**, 3 canned **pineapple slices**, cut into cubes, 2 Tbsp unsweetened **pineapple juice** from the can, 1 x 60g **egg** and 1 tsp **vanilla extract**. Mix in 50g **sunflower seeds**. Fold dry mix into the wet mix. Cut out a dozen 10cm squares of baking paper and place in the holes of a muffin tin. Spoon mixture into tin and sprinkle with reserved husk and a few **sunflower seeds**. Bake at 180°C (fan-forced) for 20-25 minutes or until a skewer inserted comes out clean. Leave to cool. Serves 24 (½ muffin per serve, as a snack).

PER SERVE 514kJ, protein 2g, total fat 7g (sat. fat 1g), carbs 12g, fibre 1g, sodium 77mg • Carb exchanges 1 • GI estimate medium

CINNAMON CUSTARD PLUMS

GFO

Put 1 Tbsp **honey**, 1 tsp light **margarine**, 2 quartered **plums**, a few drops **vanilla extract**, a pinch **ground cinnamon** and 2 tsp **water** in a microwave-safe dish. Cover with plastic wrap, pierce and microwave on high/100% for 3 minutes. Once cooled, divide fruit between 2 small containers. Spoon 2 Tbsp low-fat **custard** or gluten-free custard on top of each. Seal. Chill until ready to eat. Serves 2 (as a snack).

PER SERVE 409kJ, protein 1g, total fat 1g (sat. fat 0g), carbs 19g, fibre 2g, sodium 25mg • Carb exchanges 1½ • GI estimate low • Gluten-free option



CARROT & PINEAPPLE MUFFINS

Sift together 150g (1 cup) **self-raising flour**, 80g (½ cup) **wholemeal flour** (reserving any husk left in the sieve), ½ tsp **bicarbonate of soda** and 2 tsp **ground cinnamon**. In another bowl, beat 150ml



RASPBERRY BANANA SMOOTHIE

GF

Whizz 60g **frozen raspberries** together with 1 chopped small **banana** and 125ml (½ cup) fresh **orange juice** until smooth. Pour into a flask to keep cold. Serves 1 (as a snack). ■

PER SERVE 640kJ, protein 3g, total fat 0g (sat. fat 0g), carbs 29g, fibre 8g, sodium 4mg • Carb exchanges 2 • GI estimate low • Gluten free



cover recipe

Family fave

PAPRIKA CHICKEN WITH CHERRY TOMATOES AND ZUCCHINI RIBBONS

PREP TIME: 25 MINS

COOK TIME: 50 MINS

SERVES 4 (AS A MAIN)

4 (150g each) chicken thigh cutlets, excess fat removed

1 tsp smoked paprika

1 tsp olive oil

300ml water

250g punnet cherry tomatoes

2 zucchini, peeled into ribbons using a vegetable peeler

Juice of 1 lemon

Freshly ground black pepper

1 cup small mint leaves

90g (½ cup) quinoa, cooked following packet instructions, to serve

2 bunches broccolini, steamed, to serve

1 Put chicken, paprika and oil in medium bowl. Toss to coat chicken. Place chicken in a cold medium non-stick frying pan, skin-side down. Heat over medium for 5-6 minutes, or until the skin is really crisp. Carefully pour off any oil and fat from pan.

2 Turn chicken over and add water to pan. Reduce heat to low, cover and cook for 20 minutes.

Add cherry tomatoes to pan and simmer, covered, for a further 15-20 minutes or until thighs are cooked through and tender and tomatoes have softened.

3 Meanwhile, put zucchini ribbons and lemon juice in

\$3.90
PER SERVE

a bowl. Toss to combine. Season with pepper.

4 Place chicken thighs, tomatoes and zucchini ribbons on a serving platter. Drizzle over the juices and sprinkle with the mint. Serve with the quinoa and broccolini. ■

Health Tip

Try removing the skin from the chicken thigh to reduce your total fat and saturated fat intake by approximately 50 per cent!

NUTRITION INFO

GF LC

PER SERVE 1810kJ, protein 26g, total fat 25g (sat. fat 7g), carbs 19g, fibre 8g, sodium 115mg
• Carb exchanges 1½ • GI estimate low • Gluten free • Lower carb

crowd pleaser

BUDGET

DINNER PARTY

Delight guests with a meal to savour. And it costs less than \$10 per person!

How our
food works
for you
see page 77

NUTRITION INFO

PER SERVE 9kJ, protein 0g, total fat 0g (sat. fat 0g), carbs 1g, fibre 2g, sodium 46mg • Carb exchanges 0 • GI estimate n/a
• Gluten free • Lower carb

GF

LC

**HOMEMADE
GINGERADE**

Lemon flavours get a zesty
pick me up with ginger.
see recipe, page 55 >>

\$1.15
PER SERVE



crowd pleaser

GF LC

**CREAMY ZUCCHINI,
POTATO, THYME &
GARLIC SOUP**

Boost your vegie intake
with this hearty starter.
see recipe, page 55 >>

95¢
PER SERVE

NUTRITION INFO

PER SERVE 401kJ, protein 2g, total fat 5g
(sat. fat 2g), carbs 9g, fibre 3g, sodium
237mg • Carb exchanges ½ • GI estimate
high • Gluten free • Lower carb

GFO LC

SLOW ROASTED TOMATO, CUCUMBER AND PARMESAN SALAD

This delicious side dish
looks as good as it tastes.
see recipe, page 56 >>

\$2
PER SERVE

NUTRITION INFO

PER SERVE 415kJ,
protein 5g, total
fat 5g (sat. fat 2g),
carbs 6g, fibre 3g,
sodium 138mg
• Carb exchanges ½
• GI estimate low
• Gluten-free option
• Lower carb

crowd pleaser

**CHICKEN, SILVERBEET
AND MUSHROOM PIES**
Home-made fare always tastes
better than store-bought.
see recipe, page 56 >>

\$3.50
PER SERVE

NUTRITION INFO
PER SERVE 1320kJ,
protein 28g, total
fat 13g (sat. fat 5g),
carbs 19g, fibre 5g,
sodium 313mg
• Carb exchanges 1½
• GI estimate low



CHOCOLATE SOUFFLÉ PUDDINGS

A melt-in-the-mouth
dessert is a fitting finale.
see recipe, page 57 >>

*Bring the meal
to a close with
a decadently
sweet ending*

NUTRITION INFO

PER SERVE 919kJ, protein 7g, total
fat 9g (sat. fat 4g), carbs 25g, fibre
4g, sodium 94mg • Carb exchanges
1½ • GI estimate medium



Homemade gingerade

HOMEMADE GINGERADE

PREP TIME: 10 MINS
SERVES 8 (AS A DRINK)

400ml fresh lemon juice
5cm piece ginger, peeled,
finely grated
Small mint leaves, to serve
Ice cubes, to serve
2 x 1.25L bottle chilled
diet lemonade

- 1 Combine lemon juice** and ginger in a small jar. Seal and put in the fridge until ready to use.
- 2 Put mint leaves** and ice cubes in serving glasses. Pour the lemonade into a large jug and stir in the lemon ginger mixture.
- 3 Pour the lemon ginger** mixture into glasses and serve.

CREAMY ZUCCHINI, POTATO, THYME & GARLIC SOUP

PREP TIME: 15 MINS (+ COOLING)
COOK TIME: 30 MINS
SERVES 8 (AS A STARTER)

2 tsp extra virgin olive oil
1 brown onion, finely chopped
4 cloves garlic, finely chopped
or crushed
800g zucchini, chopped
500g Spud Lite potatoes,
peeled, finely chopped
1/3 bunch thyme, plus extra
thyme leaves, to serve (optional)



Creamy zucchini, potato,
thyme & garlic soup

2 tsp salt-reduced Massel
Vegetable Stock powder
1.25L (5 cups) boiling water
125ml (1/2 cup) light
thickened cream
Freshly ground black pepper

- 1 Heat oil in a** large saucepan over medium heat. Add onion and garlic. Cook, stirring often, for 6-7 minutes or until the onion starts to soften.
- 2 Add zucchini,** potato, thyme and combined stock powder and water to pan. Cover and bring to simmer over medium-high heat. Reduce heat to medium and cook, partially covered, for 15 minutes or until potatoes are just tender. Remove pan from heat and set aside for 15 minutes to cool slightly. Remove thyme stalks from pan and discard.
- 3 Add soup** (in batches if necessary) to a blender or food processor. Cover and blend until smooth. Rinse out pan. Return soup to pan over low heat and cook, stirring, until heated through. Divide between serving bowls. Drizzle with cream over top of soup and then garnish with extra thyme leaves, if desired, and sprinkle with black pepper. Serve. ➤

*From
drinks to
dessert,
this menu
is proof
that you
can dine
in style on
a budget*

SLOW ROASTED TOMATO, CUCUMBER AND PARMESAN SALAD

PREP TIME: 20 MINS (+ COOLING)

COOK TIME: 2 HOURS 30 MINS

SERVES 8 (AS A SIDE)

- 12 small egg (roma) tomatoes, halved lengthways
- 1 tsp caster sugar
- ⅓ bunch thyme, leaves picked
- 3 Lebanese cucumbers, peeled into ribbons
- 120g pkt rocket and spinach leaves
- 60g parmesan, peeled into shavings

Dressing

- 2 Tbsp fresh lemon juice
- 1 Tbsp olive oil
- 1 tsp Dijon mustard or gluten-free mustard
- Freshly ground black pepper

1 Preheat oven to 130°C (fan-forced). Line two baking trays with baking paper. Place tomatoes, cut-side up, on lined trays. Spray with cooking spray. Sprinkle with sugar and thyme leaves. Roast for 2½ hours, or until tomatoes shrink by about half. Turn oven off and leave tomatoes in the oven to cool. Once cool, transfer them to an airtight container. Keep in the fridge until required.

2 To make salad dressing, whisk all ingredients (adding in any juices from rested tomatoes) together in a small bowl or place in a small jar, cover with a lid and shake to combine.

3 Toss cucumber ribbons and salad leaves in a bowl. Place on a large serving platter and top with roasted tomatoes. Drizzle with dressing and top with parmesan shavings. Serve.

CHICKEN, SILVERBEET AND MUSHROOM PIES

PREP TIME: 45 MINS

COOK TIME: 1 HOUR

SERVES 8 (AS PART OF A MAIN)

- 2 tsp extra virgin olive oil
- 1 brown onion, finely chopped
- 4 celery sticks, chopped
- 2 large carrots, chopped
- 350g button mushrooms, thinly sliced
- 1 bunch silverbeet, inner stem removed, chopped
- 3 Tbsp light margarine
- 3 Tbsp plain flour
- 375ml (1½ cups) skim milk
- 375ml (1½ cups) reserved chicken stock (from poaching liquid)
- 80g (⅔ cup) reduced-fat grated cheese



Slow roasted tomato, cucumber and parmesan salad

- Freshly ground black pepper
- ⅓ cup roughly chopped flat-leaf parsley
- 2 sheets frozen 25% reduced-fat puff pastry
- 60g egg, lightly whisked
- Sesame seeds, optional

Poached chicken

- Skin of 1 brown onion
- 2 stalks celery (including leaves), chopped
- 1 large carrot, chopped
- Handful parsley stalks
- 6 black peppercorns
- 1.5kg free-range chicken, skin and wings removed and discarded with any excess fat

1 To make poached chicken, put onion skin, carrot, celery and leaves, parsley stalks, peppercorns and chicken into a large, deep pan. Pour over enough water to completely cover chicken. Cover and bring to a simmer over medium heat. Cover top of liquid with a round of baking paper. Reduce heat to medium-low and cook, covered, for 20 minutes or until chicken is just cooked. Transfer to a plate to cool. Set stock aside to cool. Once cool, strain stock, discarding all vegetables. Set stock aside. Remove chicken meat from bones. Shred chicken and discard carcass.

2 Meanwhile, to make filling, heat oil in a large non-stick frying



Chicken, silverbeet and mushroom pies

pan over medium heat. Add onion, celery, carrot and mushroom. Cook, stirring often, for 6-7 minutes or until vegetables have softened. Add silverbeet and increase heat to high. Cook, stirring often, for 2-3 minutes or until silverbeet wilts. Remove pan from heat.

3 Melt margarine in a medium saucepan over medium heat. Add flour and cook, stirring, for 1 minute over the heat. Remove pan from heat and whisk in milk and reserved stock. Return pan to heat and cook, stirring, until sauce thickens and comes to a simmer. Simmer for 3 minutes. Remove pan from heat and stir in cheese. Season with pepper.

4 Add cheese sauce, shredded chicken and parsley to the vegetables in the pan. Stir until well combined. Divide chicken filling evenly between 8 x 250ml (1 cup) round ovenproof dishes

5 Preheat oven to 200°C (fan-forced). Line two baking trays with baking paper. Place ovenproof dishes on the lined trays. Use a 10.5cm round cutter to cut 8 circles out of puff pastry. Trim pastry to fit dishes, if necessary. Place pastry on top of dishes and use a fork to seal. Make a few small slits in top of pastry. Brush tops evenly with a little egg and sprinkle with sesame seeds, if desired. Bake for 20-25 minutes



Chocolate soufflé puddings

or until pastry pie top is light golden brown.

CHOCOLATE SOUFFLÉ PUDDINGS

PREP TIME: 20 MINS

COOK TIME: 25 MINS

SERVES 8 (AS AN OCCASIONAL DESSERT)

- 3 Tbsp light margarine
- 3 Tbsp plain flour
- 250ml (1 cup) skim milk
- 3 Tbsp Dutch cocoa, sifted, plus extra for dusting
- 50g dark chocolate, finely chopped
- 1 tsp vanilla extract
- 2 egg yolks (from 60g eggs)
- 3 egg whites (from 60g eggs)
- 110g (½ cup) caster sugar
- 125g punnet raspberries, to serve
- 8 x 30g scoops sugar-free ice-cream, to serve

1 Preheat oven to 180°C (fan-forced). Spray 8 x 125ml (½ cup) round ovenproof soufflé dishes or ramekins with cooking spray. Use a pastry brush to make sure oil is spread evenly over the dishes. Place on a baking tray.

2 Melt margarine in a medium saucepan over medium heat until it melts. Whisk in flour and cook, stirring, over the heat for 1 minute.

Remove pan from heat and gradually whisk in skim milk. Add cocoa to pan. Return pan to medium heat and cook, stirring, for a few minutes, or until mixture thickens.

3 Remove pan from heat. Add chocolate and stir until chocolate melts. Transfer to a large bowl and then whisk in vanilla extract and egg yolks. Set aside to cool completely.

4 In another bowl use an electric mixer to whisk egg whites and 1 Tbsp caster sugar until soft peaks form. Add remaining sugar, one tablespoon at a time, whisking well between each addition. Add a large spoonful of egg whites to chocolate mixture and mix until combined. Add half the

remaining egg whites to chocolate mixture. Use a large metal spoon to fold in until just combined. Repeat with remaining egg whites. Spoon mixture evenly between soufflé

dishes. Place straight into preheated oven and cook for 12-15 minutes or until mixture is puffed and just cooked.

5 Place chocolate soufflé puddings onto small serving plates. Dust with cocoa powder. Serve immediately with raspberries and sugar-free ice-cream. ■

Cook's Tip

You don't want to overmix the egg whites or they will be hard to mix into the base and will give you lumps of egg white in your soufflé.

DINNER PARTY MENU FULL NUTRITION ANALYSIS:

PER SERVE 3140kJ, protein 43g, total fat 32g (sat. fat 13g), carbs 60g, fibre 17g, sodium 829mg
• Carb exchanges 4
• GI estimate low

food in focus

Make magic with *mince*

Delicious and dollar-friendly, mince is a versatile base that puts the wow into weekday meals



NUTRITION INFO

PER SERVE 1300kJ,
protein 28g, total
fat 5g (sat. fat 2g),
carbs 33g, fibre 8g,
sodium 724mg

- Carb exchanges 2
- GI estimate low

\$3.35
PER SERVE

BEEF

CHOW MEIN

Plenty of vegies and Chinese spice give this classic dish its flavour to savour.

see recipe, page 63 >>

GF

\$4.95

PER SERVE

STUFFED CABBAGE LEAVES

Get some pork on your
fork with a healthy helping
of salad and veg, too.
see recipe, page 63 >>

How our
food works
for you

see page 77

NUTRITION INFO

PER SERVE 1590kJ,
protein 37g, total
fat 9g (sat. fat 4g),
carbs 32g, fibre 10g,
sodium 629mg
• Carb exchanges 2
• GI estimate low
• Gluten free

food in focus

GFO

MOUSSAKA

With lashings of eggplant, you won't be able to resist this popular Greek dish.

see recipe, page 64 >>

\$3.70
PER SERVE



NUTRITION INFO

PER SERVE 1720kJ,
protein 34g, total
fat 14g (sat. fat 5g),
carbs 34g, fibre 8g,
sodium 475mg

- Carb exchanges 2½
- GI estimate medium
- Gluten-free option

Health Tip

Chicken breast is the leanest cut of the chicken. Choose chicken breast mince rather than regular chicken mince (likely to be a mix of breast and thigh cuts) to keep down the total and saturated fat content of the meal.

\$5.20
PER SERVE

LC

GINGER CHICKEN DUMPLING SOUP

Flavour gets souped up in this Chinese classic.
see recipe, page 64 >>



NUTRITION INFO

PER SERVE 1050kJ,
protein 34g, total fat 5g
(sat. fat 1g), carbs 15g,
fibre 7g, sodium 527mg
• Carb exchanges 1
• GI estimate medium
• Lower carb



*Classic comfort foods together
in a pie? Yes please!*



GFO

**CHEESY MACARONI
BOLOGNESE PIES**

Take an Italian staple and
give it a tasty twist. Delish!
see recipe, page 65 >>

\$2.80
PER SERVE

NUTRITION INFO

PER SERVE 1650kJ,
protein 29g, total
fat 13g (sat. fat 5g),
carbs 36g, fibre 8g,
sodium 250mg

- Carb exchanges 2½
- GI estimate low
- Gluten-free option



Beef chow mein

BEEF CHOW MEIN

PREP TIME: 20 MINS

COOK TIME: 20 MINS

SERVES 6 (AS A MAIN)

- 3 portions (62.5g each) Chang's Long Life Noodles
- 1 tsp extra virgin olive oil
- 2 red capsicum, cut into short, thin strips
- 1 large brown onion, cut into thin wedges
- 2 large carrots, cut into sticks
- 200g green beans, diagonally sliced
- 3 celery sticks, sliced
- 1 clove garlic, crushed
- 2 tsp finely grated ginger
- 2 tsp curry powder
- 500g extra lean beef mince
- ½ Chinese cabbage, finely shredded
- 1 tsp cornflour
- ¼ tsp Massel Salt-Reduced Chicken-Style Stock Powder
- 125ml (½ cup) water
- 2 Tbsp salt-reduced soy sauce
- 2 Tbsp oyster sauce
- 3 Tbsp roughly chopped flat-leaf parsley

1 Cook the noodles in a medium saucepan of boiling water for 3 minutes. Drain well and set aside.

2 Heat the oil in a large non-stick wok over a medium-high heat. Add the capsicum, onion, carrot, beans, celery, garlic and ginger.



Stuffed cabbage leaves

Stir-fry for 3-4 minutes or until the vegetables are almost tender.

3 Add the curry powder and beef mince to the wok. Increase heat to high. Cook, stirring often, for 3-4 minutes or until the mince changes colour.

4 Add the cabbage and the combined cornflour, stock powder, water, soy sauce and oyster sauce to the wok. Toss to combine. Cover and cook for 2-3 minutes, tossing once, or until the cabbage is tender. Add the noodles and toss for 1-2 minutes or until heated through. Sprinkle with parsley and serve.

STUFFED CABBAGE LEAVES

PREP TIME: 30 MINS

COOK TIME: 1 HOUR 10 MINS

SERVES 4 (AS A MAIN)

- 60g (¼ cup) Doongara rice
- 1 tsp extra virgin olive oil
- 1 large brown onion, finely chopped
- 2 cloves garlic, finely chopped
- ½ large or 1 small savoy cabbage
- 500g lean pork mince
- 4 sprigs thyme, leaves removed, chopped
- Freshly ground black pepper
- 750g jar Mutti Passata with Basil
- 125ml (½ cup) water
- 2 Tbsp light sour cream, to serve

Salad

- 100g mixed salad leaves
- 1 Lebanese cucumber, peeled into ribbons
- 1 large carrot, coarsely grated or cut into sticks
- 50g button mushrooms, sliced
- 50g snow peas, shredded
- 4 radishes, sliced

1 Cook the rice in a small saucepan of boiling water until tender. Drain well and transfer to a medium bowl to cool.

2 Meanwhile, heat the oil in a small non-stick frying pan over medium heat. Add the onion and garlic and cook, stirring often, for 6-7 minutes or until the onion softens. Bring a large saucepan of water to the boil. Add half the cabbage leaves to the boiling water and cook for 2-3 minutes or until tender. Place in a colander to drain any excess water. Repeat with the remaining cabbage leaves. Set aside to cool.

3 Preheat oven to 160°C (fan-forced). Combine the rice, onion mixture, mince, thyme and pepper in a medium bowl. Lay the cabbage leaves out on a clean surface. Divide the filling evenly between the cabbage leaves. Fold in the sides of the leaves and roll up firmly. Place in an ovenproof dish. Combine the passata and water in a jug. Pour over the cabbage rolls. Cover with foil and bake for 50-60 minutes or until the cabbage leaves are tender and the filling is cooked.

4 To serve, transfer the cabbage rolls to serving plates. Spoon a little of the sour cream over each serving of rolls.

5 To make the salad, toss all the ingredients together.

6 Serve the cabbage rolls with the salad. ➤



Moussaka

MOUSSAKA

PREP TIME: 30 MINS

COOK TIME: 1 HOUR 30 MINS

SERVE 6 (AS A MAIN)

- 600g eggplant, thinly sliced lengthways
- 1 tsp olive oil
- 1 large brown onion, chopped
- 2 cloves garlic, crushed
- 500g veal mince
- 1 large carrot, grated
- 400g no-added-salt chopped tomatoes
- 400g jar Mutti Passata
- 3 sprigs rosemary
- 3 sprigs thyme
- 800g Spud Lite potatoes, peeled, sliced
- 40g (⅓ cup) reduced-fat grated cheese
- 35g (⅓ cup) finely grated parmesan

White sauce

- 4 Tbsp light margarine
- 4 Tbsp plain flour or gluten-free flour
- 625ml (2½ cups) skim milk
- 60g egg, lightly whisked

1 Preheat a grill on medium-high. Line a large baking tray with baking paper. Place a single layer of eggplant over lined tray. Spray the top side of the eggplant with cooking spray. Grill for 3-4 minutes each side or until cooked through. Transfer to a plate. Repeat with the remaining eggplant in batches.



Ginger chicken dumpling soup

2 Heat the oil in a large, deep non-stick frying pan over medium heat. Add onion and garlic. Cook, stirring occasionally, for 6-7 minutes, or until onion softens. Increase heat to high and add veal mince. Cook, stirring often, for 3-4 minutes, or until mince changes colour. Add carrot, canned tomatoes, passata, rosemary and thyme. Half fill tomato can with water and add to pan. Cover and bring to a simmer. Simmer, uncovered, stirring occasionally, for 20 minutes. Set aside.

3 Meanwhile, put potatoes in a large microwave-safe dish. Add 80ml (⅓ cup) water. Cover and cook on high/100% for 6-7 minutes, stirring once, or until the potato is just tender. Transfer to a plate and set aside to cool.

4 To make the white sauce, melt the margarine in a medium saucepan over medium heat. Once melted, quickly whisk in the flour. Cook, whisking, for 1 minute. Remove the pan from the heat and gradually whisk in the milk. Return the pan to the heat and stir over medium heat until the sauce thickens and comes to a simmer. Simmer for 2 minutes. Remove the pan from the heat and set aside to cool for 10 minutes. Whisk in the egg.

5 Preheat oven to 170°C (fan-forced). Line a large baking tray with baking paper.



Cheesy macaroni bolognese pies

6 Layer half the eggplant

over the base of a 3L (12 cup) ovenproof dish. Top with about 1½ cups of the meat sauce and half of the potato slices. Pour over about 1 cup of the white sauce. Top with the remaining eggplant, meat sauce and potato. Pour over the remaining white sauce and carefully spread over the top. Sprinkle with the combined cheeses. Place the dish on the lined tray. Bake for 30 minutes. Increase oven temperature to 180°C (fan-forced). Bake for a further 20-25 minutes or until the top is light golden brown. Set moussaka aside for 10 minutes before serving.

GINGER CHICKEN DUMPLING SOUP

PREP TIME: 15 MINS

COOK TIME: 25 MINS

SERVES 2 (AS A MAIN)

- 750ml (3 cups) water
- 125ml (½ cup) salt-reduced chicken stock
- 1 stalk lemongrass, white part only, bruised
- 1 whole star anise
- 5cm piece ginger, peeled, finely chopped
- 4 green shallots, trimmed, finely sliced, plus extra to serve (optional)
- 1 long red chilli, finely chopped,

plus extra to serve (optional)
3 cloves garlic
200g chicken breast mince
60g egg, lightly whisked
with a fork
30g dried breadcrumbs
1 tsp salt-reduced soy sauce
4 baby bok choy, quartered,
washed

1 Put water, stock, lemongrass and star anise in a medium saucepan. Add half the ginger, shallots and chilli. Peel garlic and add 2 whole cloves to pan. Bring to a simmer over a medium heat. Simmer for 15 minutes to allow flavours to infuse.

2 Meanwhile, put chicken mince, egg, dried breadcrumbs and soy sauce in a bowl. Add remaining ginger, shallots and chilli to mixture. Crush remaining clove garlic and add to mixture. Mix until ingredients are all well combined, then shape into 12 small balls.

3 Strain stock through a sieve, discarding any solids. Return stock to the pan bring to a simmer over medium-low heat. Add chicken dumplings to stock (the stock needs to be simmering gently, otherwise dumplings will break up). Add bok choy. Simmer for a further 2 minutes or until bok choy wilts. Divide broth, dumplings and bok choy between large serving bowls. Top with extra chilli and green shallots, if you like.

Fresh ginger ups the zing factor of dumplings

CHEESY MACARONI BOLOGNESE PIES

PREP TIME: 20 MINS

COOK TIME: 1 HOUR

SERVES 6 (AS A MAIN)

1 tsp olive oil
1 brown onion, chopped
250g mushrooms, chopped
300g extra lean beef mince
2 carrots, coarsely grated
350g zucchini, coarsely grated
400g can no-added-salt brown lentils, rinsed and drained
2 x 400g cans no-added-salt chopped tomatoes
1 tsp dried mixed herbs

Macaroni and cheese

120g dried macaroni or gluten-free pasta
3 Tbsp light margarine
3 Tbsp plain flour or gluten-free flour
500ml (2 cups) skim milk
110g (1 cup) reduced-fat grated cheese
½ tsp smoked paprika

1 Heat the oil in a large, deep non-stick frying pan over medium heat. Add onion and mushrooms. Cook, stirring occasionally, for 6-7 minutes or until mushrooms soften. Increase heat to high. Add mince. Cook, stirring often, for 2-3 minutes or until the mince changes colour.

2 Add the carrot, zucchini, lentils, tomatoes, 1 can of water and

mixed herbs to the pan. Cover and bring to a simmer over medium heat. Reduce heat to medium-low and simmer, covered, for 20 minutes. Remove the lid and increase heat to medium. Simmer, uncovered, for a further 10 minutes.

3 Preheat oven to 180°C (fan-forced). Meanwhile, to make the macaroni and cheese, cook the pasta in a medium saucepan of boiling water for 10-12 minutes or until the pasta is al dente. Drain well. Melt the margarine in a medium saucepan over medium heat. Once melted, quickly whisk in the flour. Cook, whisking, for 1 minute. Remove the pan from the heat and gradually whisk in the milk. Return the pan to the heat and stir over medium heat until the sauce thickens and comes to a simmer. Simmer for 2 minutes. Remove the pan from the heat and stir in ⅓ cup of the cheese.

4 Divide the mince mixture between 6 x 500ml (2 cup) ovenproof dishes. Place the dishes on a baking tray. Divide the macaroni and cheese between the dishes. Sprinkle with the remaining cheese and paprika. Bake for 20 minutes or until the top is light golden brown and bubbling. Serve. ■



dessert

BLUEBERRY CHEESECAKE BRÛLÉE POTS

PREP TIME: 10 MINS
(+ COOLING AND CHILLING)
COOK TIME: 10 MINS
SERVES 8 (AS AN
OCCASIONAL DESSERT)

\$1.25
PER SERVE

125g blueberries
Pinch ground cinnamon
Grated zest and juice
of 1 lemon
2 Tbsp caster sugar
1 tsp cornflour mixed to a
paste with 1 tsp cold water
200g light cream cheese,
at room temperature
150g low-fat Greek-style
natural yoghurt
1 tsp vanilla extract
4 digestive biscuits, crumbled
4 Tbsp demerara sugar

1 Place the blueberries, cinnamon, lemon juice and 1 Tbsp of the caster sugar in a small saucepan. Cook, covered, for 5 minutes or until the berries are soft and juicy. Add the cornflour paste and cook, stirring, until thickened. Divide the blueberries between 8 small heatproof dishes and leave to cool for 10 minutes.

2 Whisk the cream cheese, yoghurt, vanilla and lemon zest with the remaining caster sugar in a medium bowl. Add the crumbled biscuits to the dishes and top with the cheesecake mixture. Cover and put in the fridge for 1 hour to chill.

3 Preheat grill to high. Sprinkle each cheesecake with 2 tsp demerara sugar, then mist with a water spray – this helps to speed up the caramelisation. Place under the grill for 1-2 minutes or until the sugar has melted, or use a cook's blowtorch. Return the dishes to the fridge to chill for 30 minutes or for up to a day, before serving.

How our
food works
for you
see page 77

NUTRITION INFO

PER SERVE 733kJ,
protein 4g, total
fat 8g (sat. fat 5g),
carbs 21g, fibre 1g,
sodium 146mg
• Carb exchanges 1½
• GI estimate
medium

How it's healthier

A traditional crème brûlée contains eggs, full-fat milk and thickened cream, but in this version we've used low-fat Greek yoghurt and healthy blueberries.



NUTRITION INFO
PER SERVE 936kJ,
 protein 4g, total
 fat 7g (sat. fat 2g),
 carbs 35g, fibre 3g,
 sodium 238mg
 • Carb exchanges 2½
 • GI estimate
 medium

\$1.60
 PER SERVE

What's FOR DESSERT?

There's no need to skip sweets when entertaining with these healthier after-dinner treats

BERRY BAKE WITH PASSIONFRUIT DRIZZLE

PREP TIME: 15 MINS

COOK TIME: 30 MINS

SERVES 8 (AS AN OCCASIONAL DESSERT)

100g light margarine
 80g (⅓ cup) caster sugar
 Grated zest and juice 1 lemon
 60g egg
 150g (1 cup) self-raising flour
 1 tsp baking powder
 4 Tbsp low-fat natural yoghurt
 200g unsweetened apple puree
 140g raspberries, blueberries or blackberries (or a mixture)
 50g demerara sugar
 2 passionfruits, halved, pulp scooped out

1 Preheat oven to 160°C (fan-forced). Lightly grease a medium baking dish with 1 tsp of the margarine. Put the remaining margarine, caster sugar, lemon zest, egg, flour, baking powder and yoghurt in a medium bowl. Using electric beaters, whisk together for 2 minutes or until pale and fluffy. Stir in the apple puree (this might make the mixture look curdled, but don't worry). Gently fold in berries, then pour the batter into prepared dish and smooth the surface. Bake for 25-30 minutes or until sponge is golden brown and firm in centre. **2 Meanwhile**, mix the lemon juice, demerara sugar and passionfruit pulp together. Remove pudding from the oven, lightly prick the

surface with a fork and drizzle over passionfruit mixture. Serve warm.

COOK'S TIP

You can also make your own apple puree. Simply peel and core apples, chop and add a few tablespoons of water. Cook, covered, in a saucepan over medium heat for 7-8 minutes or until the apples are very soft. Cool. Place in a food processor and puree until smooth. ➤

How it's healthier

The fat content of this dessert is much lower as we've replaced butter with reduced-fat spread and yoghurt. There's also a good mix of fruit thrown in!

dessert

\$2
PER SERVE



APRICOT AND RASPBERRY TART

PREP TIME: 15 MINS

COOK TIME: 25 MINS

SERVES 4 (AS AN OCCASIONAL DESSERT)

6 sheets chilled filo pastry
2 Tbsp light margarine, melted
3 Tbsp 100% apricot fruit spread
6 ripe apricots, stoned, roughly sliced
100g raspberries
2 tsp caster sugar

1 Preheat oven to 180°C (fan-forced). Place a baking tray in the oven while it is preheating.

2 Brush each sheet of filo with melted margarine, layer on top of each other, then fold in half so you have a smaller rectangle. Fold in the edges of the pastry base to make a 2cm border, then spread the apricot spread inside the border. Carefully slide the pastry base onto the hot baking tray and bake for 5 minutes.

3 Remove tray from oven and arrange apricots over tart. Brush with any leftover melted margarine. Bake for another 10 minutes, then scatter on the raspberries and sprinkle with the sugar. Bake for a final 10 minutes, or until the pastry is golden brown and crisp. Serve.

NUTRITION INFO

PER SERVE 842kJ, protein 3g, total fat 5g (sat. fat 1g), carbs 32g, fibre 4g, sodium 163mg
• Carb exchanges 2
• GI estimate low

How it's healthier

Filo pastry is a lower-fat alternative to richer pastries such as shortcrust or puff. It should be brushed with just a little fat to add flavour and crispness.

CHOCOLATE AND BERRY MOUSSE

PREP TIME: 15 MINS (+ CHILLING)

COOK TIME: 5 MINS

SERVES 4 (AS AN OCCASIONAL DESSERT)

75g good-quality dark chocolate, grated

4 Tbsp low-fat natural yoghurt

2 egg whites (from 60g eggs)

2 tsp caster sugar

350g mixed berries (such as

blueberries, raspberries, cherries or a combination)

1 Melt the chocolate in a heatproof bowl over a saucepan of simmering water, making sure the bowl doesn't directly touch the water. Once melted, remove the bowl from the heat and set aside for 5-10 minutes to cool slightly. Whisk in the yoghurt.

2 Using electric beaters whisk egg whites until stiff peaks form. Add sugar and whisk until well

combined. Add a spoonful of egg whites to the chocolate mixture and mix until well combined (this is to loosen mixture and make the remaining egg whites easier to incorporate). Add the remaining egg whites and fold in until just combined, trying to keep as much air in the egg whites as possible.

3 Divide the berries between small glasses or dishes and top with the chocolate mousse. Place in the fridge for 3-4 hours or until well chilled, then serve. ■

\$3.30
PER SERVE

NUTRITION INFO **GF**

PER SERVE 705kJ,
protein 6g, total
fat 8g (sat. fat 5g),
carbs 17g, fibre
3g, sodium 65mg
• Carb exchanges 1
• GI estimate low
• Gluten free

How it's healthier

A few handfuls of delicious berries set up each mousse pot as 1 of your 2 serves of fruit a day. It also adds a little extra sweetness, as there's only 2 tsp of added sugar.

*With berries in season,
sweet treats get zesty!*



Snack *bars*

They're such an easy snack to grab on the go, but which bars are actually better for you?

▶▶ Snack bars are often a popular morning or afternoon tea option.

However, many that are available in the supermarket are made from highly processed ingredients and can be laden with added sugars and fats.

When choosing a healthier snack bar, look for those which are made with whole grains and also contain:

• **No more than 550kJ per serve;**

• **Less than 10g total fat per 100g, with less than a third of that being saturated fat;**

• **Less than 200mg sodium per 100g; and**

• **Preferably, at least 3g fibre per serve (unfortunately fibre is not always listed). ■**

product review

MESSY MONKEYS

- Strawberry & Apple Snack Bars
- Mango & Apple Snack Bars

Both available in Coles and Woolworths, RRP \$7.



UNCLE TOBYS

- Chewy Apple Crumble Muesli Bar
- Chewy Forest Fruits Muesli Bar

Both available in Coles, Woolworths and independent supermarkets, RRP \$3.99.

NICE & NATURAL

- Superfruits Muesli Bar – Raspberry & Pomegranate Flavour
- Superfruits Muesli Bar – Cranberry & Blueberry Flavour

Both available in Coles, RRP \$4.



BARLEY+

- Cranberry & Almond Bars
- Seven Seeds Bars
- Pink Lady & Chai Flavoured Bars
- Wild Berry & Yoghurt Bars

All available in the health food aisle of Coles and selected Woolworths, from \$5.50.



KELLOGG'S

- K-Time Baked Twists Raspberry & Apple
- K-Time Baked Twists Strawberry & Yoghurt

Both available in Coles, Woolworths and independent supermarkets, RRP \$3.99.

Flavours to savour

From daybreak to dessert, there are lots of ways to keep food healthy and interesting, all from our food editor *Alison Roberts*

SUPERMARKET CRUSH

DRINK UP

Looking for a low-kilojoule drink that is packed with flavour? Try Saxbys Diet Lemon Squash – all the tang of regular lemon squash, but without all the kJs. It's delicious on its own, or try serving over ice in a tall glass with some torn mint leaves, fresh smashed raspberries and a thin slice of ginger. For more information, visit saxbys.com.au.



KITCHEN TIP

Put eggs on the menu

Eggs are a great source of protein and a huge range of vitamins and minerals, such as folate, selenium, vitamin B12 and iodine. Plus, they are a cheap and easy meal option. To get the most out of your eggs, follow these handy hints.

- Store eggs in their original carton in the fridge as soon as possible after purchase. Storing them in the carton reduces water loss and protects against flavours from other foods being absorbed into the eggs.
- Fresh eggs can be kept

in the fridge for up to six weeks, and there is a use-by date on the carton as well (if buying from the supermarket).

- To check if your eggs are still fresh, place them in a bowl of water. Fresh eggs will stay at the bottom of the bowl while older eggs float because of the large air cell that forms in their base. Older eggs are ideal for baking, hard boiling, scrambling and making omelettes. Fresher eggs are better for poaching and frying because they hold their shape.





There is no sincerer love than the love of food

– George Bernard Shaw, playwright

PRODUCT REVIEW

Stacked up

The VS6100 FoodSaver is an all-in-one machine that provides both short and long-term food preservation, with built-in features to easily preserve food in the fridge, freezer or pantry to keep food fresh up to five times longer, compared with ordinary storage methods. It includes a built-in, easy-to-use accessory hose compatible with fresh containers and zipper bags, plus an automatic marinate program to marinate in minutes instead of hours, a moist foods setting, roll storage and cutter, and a simple one-touch operation. Available from all leading electrical specialists, department stores and mass retailers, \$299.



DESSERT

Whisk 60g smooth low-fat ricotta, 70g (1/3 cup) low-fat vanilla yoghurt, pinch ground cardamom and 10g grated dark chocolate. Serve with 250g punnet strawberries to dip into the chocolate ricotta cream. Serves 2.

PER SERVE 512kJ, **GF** protein 5g, total fat 4g (sat. fat 2g), carbs 15g, fibre 3g, sodium 119mg
• Carb exchanges 1
• GI estimate low
• Gluten free

BREKKIE TO GO!

YOGHURT WITH BERRIES, NUTS & SEEDS

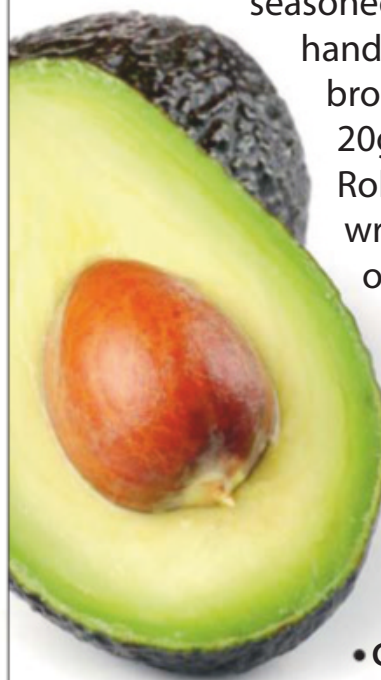
Pack 200g low-fat flavoured yoghurt in a small container. Top with 20g slivered almonds, 1 Tbsp pumpkin seeds, 1 tsp chia seeds and 1 cup berries. Serves 1.

PER SERVE 1810kJ, protein 19g, **GF** total fat 20g (sat. fat 3g), carbs 40g, fibre 8g, sodium 143mg
• Carb exchanges 2 1/2
• GI estimate low • Gluten free



AVOCADO, SPINACH, WALNUT & FETA WRAP

Spread 1 Mission Low Carb Wrap with 1/4 small avocado mashed with a little lemon juice and seasoned with pepper. Top with a handful of spinach leaves, 15g broken-up walnut pieces and 20g crumbled reduced-fat feta. Roll up, folding in ends and wrap in a reusable wrap or plastic wrap. Make a skim latte and pack in a reusable heatproof travel coffee mug. Serves 1.



PER SERVE 1570kJ, protein **LC** 20g, total fat 24g (sat. fat 6g), carbs 17g, fibre 10g, sodium 505mg • Carb exchanges 1
• GI estimate low • Lower carb

TROPICAL FRUIT SALAD

Combine 1 chopped orange, 1 chopped kiwifruit, 125g strawberries, 1 small banana and the pulp of 2 passionfruit in a small container. Serves 1. ■

PER SERVE 996kJ, protein 6g, **GF** total fat 1g (sat. fat 0g), carbs 42g, fibre 17g, sodium 18mg
• Carb exchanges 3
• GI estimate low
• Gluten free



Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H₂O	Start each day with a glass of water. You should aim to have 6-10 glasses a day,			
Breakfast	2 slices rye sourdough topped with 2 poached eggs, 1 cup baby spinach and 6 steamed asparagus spears	Endurance shake (page 76)	Yoghurt with berries, nuts & seeds (page 73)	Berry & almond milk smoothie (page 76)
Optional snack	Piece of fresh fruit 	Apricot yoghurt granola pots (page 47)	1 slice grain toast & 2 tsp 100% fruit jam	Carrot & pineapple muffin (page 47)
Lunch	Toss together 1 cup rocket, 100g cherry tomatoes, sliced cucumber & 95g can flavoured tuna. Serve with small grain roll.	Ploughman's lunchbox (page 46) 	Sweet potato & chickpea soup (page 46)	Very easy pasta salad (page 46) & 1 small fruit
Optional snack	Bean dip with vegie sticks (page 47)	30g mixed nuts	Raspberry banana smoothie (page 47)	1 fresh date & 20g mixed nuts
Dinner	Italian eggplant bake (page 39) <i>Pictured above</i>	Honey soy beef (page 27) <i>Pictured above</i>	Chicken & vegie pizza (page 27) <i>Pictured above</i>	Mustard pork with stir-fried greens (page 28) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	60-second dessert (page 73)	1 cup fresh fruit salad	Cinnamon custard plums (page 47)	Mango Weis bar
Exercise	Aim for 20-60 minutes of moderate exercise each day. 			

WORDS SHANNON LAVERY (DIETITIAN) PHOTOGRAPHY GETTY IMAGES

it's easy!



Lovable legumes

Are you looking for a low-cost and environmentally friendly source of protein, that is naturally low in fat and contains no cholesterol?! Look no further than the legume family!

Whether you choose soybeans, chickpeas, lima beans, red kidney beans, lentils or any other member of the *Leguminosae* family, you can rest assured you will be eating a wealth of nutrients, fibre and antioxidants.

Research suggests that eating legumes may help in the management of blood glucose levels, cholesterol and weight; as well as reduce the risk of heart disease, diabetes and some cancers.

When choosing canned varieties, look for those labelled as “no added salt” or “reduced salt”, or be sure to rinse your legumes well under running water, as this can reduce the sodium content by up to 50%.

Legumes can be included in your daily diet in a variety of healthy and delicious ways, such as:

- **Baked beans on toast**
- **Lentil or bean salads**
- **Mexican dishes**
- **Soups**
- **Curries**
- **Falafels and vegie burger patties**
- **Roasted chickpeas or fava beans**
- **Hummus dip** ■

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels		
Avocado, spinach, walnut & feta wrap (page 73)	Peach Melba smoothie (page 76) 	Tropical fruit salad (page 73)
2 Vita-weats topped with 20g reduced fat cheddar & sliced tomato	1 wholemeal crumpet toasted & topped with 1 tsp 100% fruit jam	30g mixed nuts
Mini ham rolls (page 46) & 1 cup fruit salad 	2 slices grain bread filled with 95g can salmon (drained), handful rocket & cucumber ribbons	Chicken guacamole wrap (page 46)
170g tub Chobani no-fat yoghurt	2 Tbsp hummus & 1 cup carrot sticks	Carrot & pineapple muffin (page 47)
Broccoli pesto pasta (page 25) Pictured above	Quick mushroom, chicken & rosemary risotto (page 28) Pictured above	Beef chow mein (page 63) Pictured above
have a couple of alcohol-free days a week		
5 canned peach slices & ½ cup low-fat custard	Chocolate & berry mousse (page 69)	170g tub Chobani no-fat yoghurt
Always discuss your exercise plans with your doctor first		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

breakfast

A *smooth* start to your day

...with our 5 fab shakes and smoothies

RECOVERY SMOOTHIE

Put 100g **strawberries**, 1 small **banana**, 100g low-fat **natural yoghurt**, 2 tsp **Nutella** and 2 tsp smooth **peanut butter** in a blender and blend until smooth. Add 1 tsp **chia seeds** and 60ml (¼ cup) **skim milk**. Give a final blend to combine. Serve immediately. Serves 1.

PER SERVE 1330kJ, protein 15g, **GF** total fat 11g (sat. fat 2g), carbs 35g, fibre 7g, sodium 181mg • Carb exchanges 2½ • GI estimate low • Gluten free

PEACH MELBA SMOOTHIE

Drain and rinse a 410g can **peach halves** in natural juice and place in a blender with 100g **frozen raspberries**. Add 100ml fresh **orange juice** and 80ml (⅓ cup) **low-fat custard** and blend together. Pour over **ice**, garnish with 1 Tbsp **low-fat custard** and a few **raspberries**. Best served chilled. Serves 1.

PER SERVE 1400kJ, protein 8g, total fat 1g (sat. fat 1g), carbs 47g, fibre 14g, sodium 81mg • Carb exchanges 3 • GI estimate low

BERRY & ALMOND MILK SMOOTHIE

Put 1 large **banana**, peeled and chopped, 170g **frozen mixed berries**, 175ml **unsweetened almond milk** and 1 tsp **honey**

in a blender. Blend until smooth. Serve in a chilled glass. Serves 1.

PER SERVE 1040kJ, protein 3g, total **GF** fat 7g (sat. fat 4g), carbs 40g, fibre 8g, sodium 49mg • Carb exchanges 2½ • GI estimate low • Gluten free

LIGHT START SHAKE

Put 125ml (½ cup) **light cranberry juice** and 100ml **soy milk**, a few **ice cubes**, 1 small **banana**, peeled and chopped, 1 tsp **chia seeds**, 1 tsp **psyllium husks** and 1 tsp **honey** in a blender and blend until smooth. Pour into a chilled glass, with 2 tsp **flaked almonds**. Serves 1.

PER SERVE 932kJ, protein 7g, total fat 8g (sat. fat 1g), carbs 28g, fibre 6g, sodium 70mg • Carb exchanges 2 • GI estimate low

ENDURANCE SHAKE

Place 30g **rolled oats**, 3 dried pitted, finely chopped **dates**, 125ml (½ cup) **skim milk**, 1 small **banana**, 100g **low-fat natural yoghurt**, 2 tsp **chia seeds** and a handful of **ice cubes** in a blender. Blend until smooth and thick. Serves 1. ■

PER SERVE 1500kJ, protein 18g, total fat 6g (sat. fat 1g), carbs 54g, fibre 9g, sodium 155mg • Carb exchanges 3½ • GI estimate low

ALL UNDER
\$4.50



PEACH MELBA SMOOTHIE

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

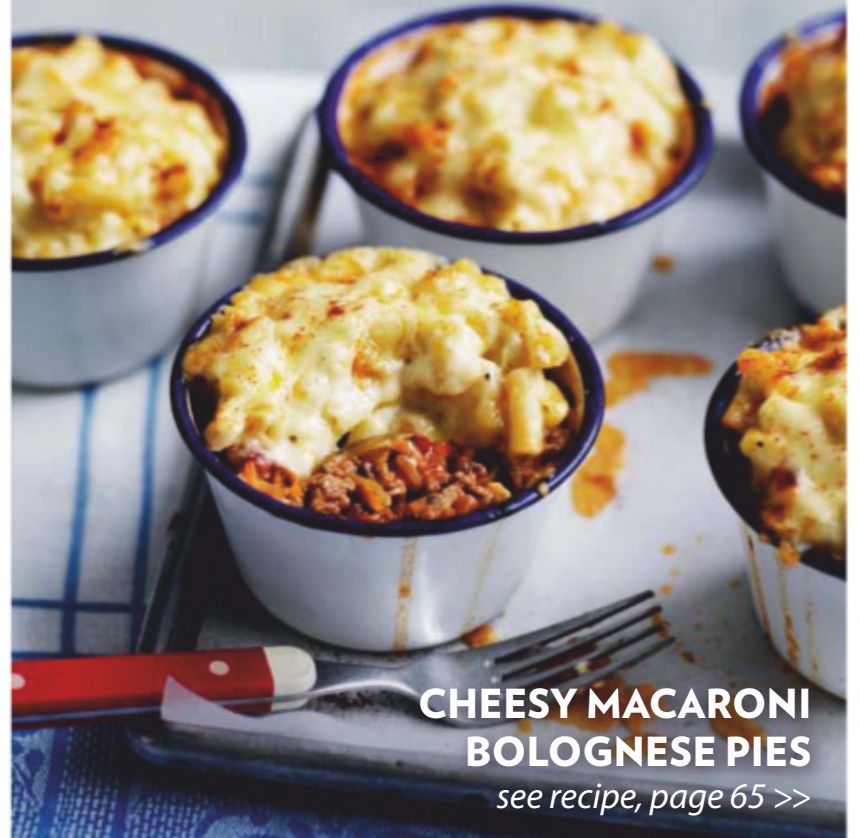
▶▶ Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main

meal of the day). When we say, “as an occasional dish”, it should only be eaten as a treat, such as once a fortnight.

NUTRITION INFO **GFO**

PER SERVE 1650kJ, protein 29g, total fat 13g (sat. fat 5g), carbs 36g, fibre 8g, sodium 250mg • Carb exchanges 2½ • GI estimate low • Gluten-free option



CHEESY MACARONI BOLOGNESE PIES
see recipe, page 65 >>

Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of

granulated sugar substitute.

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ

Protein 80g

Total fat 70g

Saturated fat 24g

Carbs 270g

Fibre 30g

Sodium Less than 2000mg

To lose weight*

Kilojoules 6000kJ

Protein 65g

Total fat 45g

Saturated fat 15g

Carbs 180g

Fibre 30g

Sodium Less than 2000mg

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

CUT OUT & KEEP



Supermarket **\$SAVINGS**

Want a balanced diet and a balanced budget but aren't sure how to marry the two? Frugal author *Jody Allen* reveals it all comes down to planning



▶▶ Although I wrote a book called *The \$50 Weekly Shop*, the \$50 is really only a guide. Every family is different, and it may be that your goal will be to spend less than that, or more, depending on your circumstances.

When I first did this, my sons were toddlers, with smaller appetites and different tastes to the ones they have now. Your family will have individual needs, too, so don't beat yourself up if you can't get your food bill down to \$50 – the idea is to save money, and how easily you do that will depend on the number of children in your care, their ages, their activity levels, whether you are a sole parent or have a partner, where you live, whether you have vegetarians in your family, etc.

I live in a rural area and it is a fairly cheap place to live. I have access to local markets and can buy produce direct from farmers. If you live in the city you may have to drive a bit further to get good deals on produce, but you also have the great advantage of home delivery – so do your research to find the best deals. And check locally to see if there is a veggie co-op you can join, where you buy bulk produce and share the costs of delivery.



HOW MUCH ARE YOU SPENDING?

The first thing you need to do is work out how much you are spending on groceries. Grab your receipts for the past couple of weeks, sit down and add up all the food items you've paid for, including takeaway lunches, dinners, snacks and drinks, and work out what you spend on average. If you don't have any receipts, then just do your normal grocery shopping for the first week and keep receipts for every food item you buy (including takeaway). Don't try to save money or do anything out of the ordinary – just shop as you usually would.

Before I began living frugally, I would just 'throw' things in the trolley with a vague plan about what I might do with them; I didn't bother looking at the price.

When you look closely at the receipts and actually see how much particular items cost, it can sometimes give you that extra jolt you need to keep track of where your hard-earned money is going.

But again, please

don't despair or feel like the world's biggest tool – everything is fixable.

So, how much are you spending? Is this an average week for you?

Now work out what you would ideally like to spend on your weekly grocery bill, given other financial commitments and whatever you are saving money for. If that figure looks scary, don't panic! I didn't do it overnight, and I don't expect you to either. You just need to break it down

step by step. That's what will get you there. That's how you get anywhere!

If you are spending \$200-plus just on food per week, aim to spend 10-15 per cent less for the next shop. How you do this is really up to you, but some simple and effective ways I can suggest to reduce your spending include giving up takeaway food, avoiding readymade meals, buying generic-brand staples and

avoiding fancy value foods.

Once you've followed those basic principles for a couple of weeks, you'll have the confidence to bring out the big guns – planning your meals, shopping for the best deals, reusing leftovers, making your own staples and growing your own food – all of which will help you reduce your spending until you reach your goal. ➤

“
Before I began living frugally I would just 'throw' things in the trolley





DITCH THE 'FANCY VALUE' FOODS

'Fancy value' is the name I give anything with the words **'gourmet'** or **'organic'** on the label, or any luxury ingredient that inflates the price. Now, I do value organic foods, and I love that some people work hard to produce them, but I would never buy them from a supermarket. If you want to buy organic fruit and veg, go to a farmers' market or a local grocer and buy the real deal. (Smaller organic farmers often can't afford the exorbitant costs for certification, but that doesn't mean their produce isn't nutritious and delicious!) Also, I hate to be the bearer of bad news, but research has shown organic fruit and veg is no healthier than standard fruit and veg. What's way more important is whether or not you eat enough vegetables and fruit.

GIVE UP TAKEAWAY FOOD

I have to be blunt – you'll never save money if you buy food someone else has cooked. End of story.

For some people, the idea of having to spend more time in the kitchen is scary – we're so used to fast-food giants on every corner, and aisles of packaged meals in our supermarkets.

And I totally get why we succumb. When we're knackered and have to pick up the kids from sport or music or whatever, it's so tempting to pop into a takeaway place on our way home. But this is where you really waste money.

I kept my takeaway receipts for a year and, when I added them up, it was frightening. The average burger, drinks and chips for the four of us was nearly \$40! And we were doing this at least twice a week, also with the occasional takeaway breakfast when we were driving somewhere on weekends. Plus, all that takeaway was expanding our waistlines (especially mine!), so there was the added cost of buying new clothes, as well as the incalculable long-term cost to our health.

If your family only has takeaway as an occasional treat, this will be easy. But, if you have it more than a few times a week (I'm including takeaway breakfast, lunch and dinner here), it's going to be more of a challenge. But don't be too hard on yourself. You are changing habits built over a lifetime, so give yourself a break. If it's too hard

to ditch takeaway all at once, wean yourself off slowly.

Reduce it by one meal a week, or whatever works.

To make this easier, make sure you have soups,

pasta sauces, casseroles

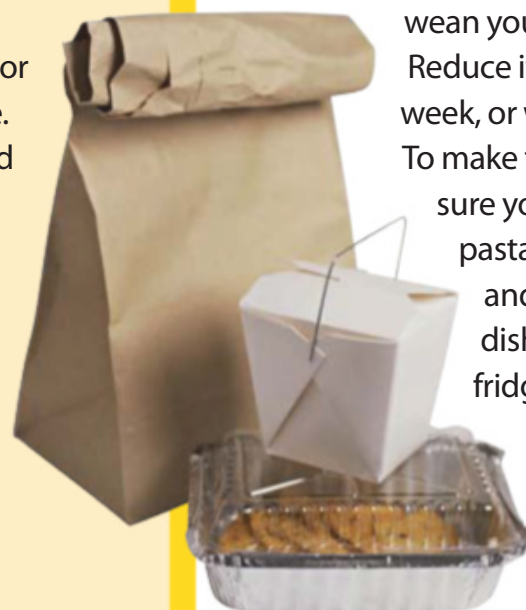
and other premade dishes ready in your

fridge or freezer to

help you resist

any takeaway

temptation.





book extract

10 items that you should always buy generic

- 1 Olive oil
- 2 Flour
- 3 Sugar
- 4 Butter
- 5 Milk
- 6 Cheese
- 7 Tinned tomatoes and beans
- 8 Frozen vegetables
- 9 Cereal and grain products (oats, puffed rice, etc.)
- 10 Fresh fruit and vegetables

BUY GENERIC-BRAND STAPLES

Buying generic brands is a key principle of the \$50 weekly shop challenge. In the past, people tended to look down on generic products. Thank goodness times have changed. We all want quality at a good price, and generic brands are usually 15-25 per cent less than the branded items. Many generic-

brand staples (flour, sugar, oats etc) are made in the same factories as the branded ones and contain the same ingredients, although this doesn't apply to processed foods such as biscuits, cakes, pies and pizzas, which are not only unnecessary, but usually don't taste anywhere near as good as the real deal.

Sometimes it's hard to choose between the generic and name brand,

even for staple items. We might feel attracted to pretty colours or cute images on the packaging, or we might like the idea that our favourite celebrity uses the same item. Or we might be swayed by words such as 'organic' or 'low-fat' or 'gluten free'.

Each supermarket chain has its own generic brand, but I personally prefer Black & Gold from IGA. The only way to find the one you like is to try them all. ➤

AVOID PACKAGED MEALS AND READYMADE FOOD

Once you've stopped buying takeaway food, it will give you that little boost of confidence you need to take the next step, which is to stop buying readymade meals or partly processed ingredients. The simple reason is that you spend a lot more for something you can easily do yourself, and it really adds up.



Generic brands are usually 15-25% less than branded items

book extract

FRUGAL STAPLES

A well-stocked fridge and pantry means there is always something to eat at home. If you see any of these on special, make sure you snap them up!

- **Rice:** There are so many different types – jasmine, basmati, Arborio – but brown rice is less processed than white rice, so has lots more nutrients and fibre.
- **Flour:** Another staple with a good shelf life, make sure you have self-raising, plain and wholemeal or wholegrain flour.
- **Oats:** Oats are high in fibre and low in fat and are reputed to lower cholesterol. Most people think oats are only good for porridge and muesli, but they are also fantastic for baking muffins, slices and bread.
- **Pasta and rice noodles:** Pasta is so cheap – often less than 50 cents a packet! Rice noodles are great for the gluten-intolerant.
- **Potatoes:** Buy unwashed potatoes. They're not only cheaper they are also more nutritious than their fancy washed counterparts. Better still, buy sweet potatoes – these are often similarly priced and contain loads of fibre, vitamin A and potassium.
- **Olive oil:** I like to buy in bulk.
- **Onions:** If you buy onions in bulk they can go bad in the cupboard (especially in hot climates!). So, why

not peel, chop and freeze them in serving-size zip-lock bags.

- **Crushed garlic (in a jar):** Crushed garlic is so cheap and it lasts for a couple of months in the fridge.
- **Eggs:** While they might seem expensive, eggs are actually cheap as far as a good protein goes.
- **Frozen vegetables:** The great thing about frozen vegies, apart from convenience, is that you avoid waste. Nutrition experts reckon that frozen vegetables are just as nutritious as the fresh ones (though obviously less tasty).
- **Puff pastry:** While it's really easy to make homemade shortcrust pastry, puff pastry is way too time-consuming (and difficult). Keep puff pastry sealed in a container in the freezer and it will last for months.
- **Dry yeast:** Dry yeast is great for making homemade bread rolls, English muffins, crumpets and naan.
- **Cocoa:** When you're baking, cocoa is so much cheaper to use than cooking chocolate but has all the richness and taste.
- **Canned tuna:** Tuna is cheap and a great way to get some healthy omega-3s into your diet.
- **Canned tomatoes:** These are an absolute must in any pantry. Grab either the Italian brands (best tomatoes in the world) or the generic brands. Available for as little as 50 cents a tin, you can buy them whole peeled, chopped, crushed or pureed.

- **Canned beans:** Baked beans are very good for your heart, especially if you make them yourself.

Baked beans are usually made with haricot beans (also called navy beans) and, like other legumes (for example red kidney beans, chickpeas, lentils), are among the cheapest protein

sources on the planet. They also contain iron, folate and loads of fibre.

- **Tomato paste:** Tomato paste is brilliant for adding flavour and richness to most casseroles and is a good substitute for tinned tomatoes in recipes.
- **Stock cubes:** I always have a stash of chicken, beef or vegetable stock cubes.
- **Seasonal fruit and vegetables:** Buying what's in season ensures you get the best value for money.
- **Dried fruit:** I like to keep dried fruit in the pantry for baking and snacks.
- **Bottled sauces:** Soy, barbecue, tomato and sweet chilli sauce.
- **Honey:** This is often expensive when bought directly from the supermarket – see if you can instead pick it up from a farmers' market or local producer.
- **Powdered milk and evaporated milk:** It's good to have these in the cupboard for when you run out of milk and need some for a recipe. Evaporated milk makes homemade coffee taste awesome and is a cheap substitute for cream.
- **Yoghurt:** Buying yoghurt in bulk or making your own means yoghurt is quite cheap. It's super good for you, can be served either savoury or sweet, and freezes really well.
- **Sugar:** I always have some to hand for baking. If you are trying to cut down on white sugar, try replacing it with apple puree in sweet dishes such as cakes and muffins.





OTHER NIFTY WAYS TO SAVE MONEY

DRINKS

Kids don't need cordial, fruit juices or soft drinks. Water is a perfectly acceptable liquid to consume – and it's good for you.

If you are a tea drinker, buy leaf tea. It is cheaper than tea bags, goes further and making tea in a teapot just like Nanna used to is a really lovely way to serve it – and I think it tastes better!

When you're on the go, take some green tea bags with you in a zip-lock bag. When you feel desperate for a caffeine hit, get a cup of boiling water instead and enjoy your green tea, knowing you've just saved yourself \$5 and will be doing your body good!

If you drink coffee, either buy the beans in bulk and grind them as you need them (keep the beans in the freezer). Or, just go instant.

Always carry your own water bottle in the car and your bag. Never buy bottled water – it is expensive and all of that plastic is bad for the environment. You are better off

spending that money on a good-quality drink bottle that will last you for years!

MEAT

Meat is notoriously expensive, so if you're serious about saving money, you're going to have to forget rib fillet, scotch fillet, lamb cutlets, etc. There are loads of cuts of meats that are reasonably cheap to buy. Here is a list of what to look out for.

- **Minced meat:** If you have mince in the freezer, you'll always be able to prepare something for dinner! [Turn to page 58 for some of our fave mince meals.] Beef, pork, turkey and chicken mince each have their own unique taste. I like to buy my mince in bulk and then separate it into family meal-sized portions (about 500g) and freeze it right away.
- **Sausages:** Sausages are amazingly versatile. I buy mine from the butcher instead of the supermarket, as the price is about the same but they taste much better than mass-produced supermarket snags.
- **Chicken pieces:** A lot of people are reluctant to buy chicken on the bone. However, it is not only cheap to buy, but also far more nutritious than muscle meat. Plus, chicken on the bone tastes better! You can often buy whole, generic-brand chickens from as little as \$5. Sure, they aren't huge, but I bring them home and cut them up into chicken pieces and they will easily feed a family for two or three meals if you stretch them right! ➤

Staying motivated

The great thing about the \$50 weekly shop challenge is that you can't mess it up – every dollar you save on groceries is a success. And really, the most important factor is your mindset. If you really want to do it, you will. Here are some of the ways I kept myself motivated – they might work for you.

TAKING FIVE MINUTES EVERY NIGHT TO PREPARE FOR THE NEXT DAY

The kids are in bed, you've had your cup of tea and a biscuit. Before you go to bed at night – if you can – think about what you may want for dinner the next night.

Top Tip

Always think about what you can do today to make your life easier tomorrow!

Take the meat or meal out of the freezer and place it on a plate in the fridge.

This has so many advantages:

- **There's no need** to use the microwave, which adds to your energy bill and cooks food unevenly.
- **You will have your meal** ready to be reheated or your meat or other ingredients ready for cooking.
- **You have a better chance** of sticking to your \$50 budget, because once you have thawed that meal/meat, you won't want to waste it. (Whereas, if you'd come home from work and had to defrost something for 15 minutes in the microwave before you could start cooking, there's a greater risk you'd give up and reach for the takeaway brochures.)

Keep a record of your shop totals

I know it sounds nerdy, but I really like doing this! I used some graph paper and plotted the total of each shop over a few months and kept it on the fridge. I saw that graph every time I opened the fridge (and apparently, the average person opens their fridge 50 times per day!).

book extract

- **Gravy beef:** Give me gravy beef over rib fillet any day! Gravy beef is from the beef shin. It does contain a bit of fat, but it has so much flavour. It needs to be cooked slow and steady.
- **Lamb forequarter chops:** These are cut from the lamb's shoulder and are still a relatively good price (compared to the delicious but unbelievably expensive lamb cutlets).
- **Beef chuck steak:** Chuck steak is from the neck region and needs to be slow cooked to break down the connective tissue, or it is tough and inedible. It is more widely available than gravy beef and works in a similar fashion, but without as much fat content.
- **Corned beef:** This pickled meat may seem expensive, but it can go a long way. Cook it in the slow-cooker and serve it with white sauce and vegetables. The next day, serve it thinly sliced on fresh bread with cheese and mustard pickles.
- **Bacon:** Bacon adds flavour to everything. When in doubt, add bacon!

BREAD

There is nothing in the world like fresh bread, and yes I do make my own, because I have a breadmaker and the mix works out way cheaper (\$1.30 per loaf). If your family eats a lot of bread (more than a loaf a day), consider buying a breadmaker. It literally takes



30 seconds to put the premade mix in the machine. I do it every night before bed and wake up to a fresh, delicious, ready-to-slice loaf in the morning.

MILK

For the frugal, milk is as cheap as it has ever been. In fact, it is cheaper now to buy 2 litres of milk than it is to buy 2 litres of water.

If you are strapped for cash, and it is all you can afford, buy the cheaper supermarket-branded milk, feed your family and don't feel guilty about it.

Another very economical option

if you don't have access to fresh milk every day is to use powdered milk. Of course it doesn't taste as good as the real thing, but it's still a great source of protein, calcium and vitamin D. It's also good to use for baking when the taste doesn't matter so much.

DRESSINGS, GRAVY, SAUCES AND DIPS

Once you discover how easy (and cheap) it is to make your own mayo and salad dressings, you'll never buy them again. And you'll never waste money by throwing out all those jars and bottles that collect at the back of the fridge with expired use-by dates!

'No food shopping for a month' challenge

Recently I did a 'No food shopping for a month' challenge as my shopping balance had gotten out of control. (Yes, even I fall off the wagon!) So I used up everything in my pantry, fridge, freezer and garden, only buying fresh milk, bread mix and the occasional veggie that was pivotal to a recipe. I thought that was pretty good. And I tell you what, you certainly learn to be creative when you only use what you have. I came up with some terrific recipes, and some awful ones. (One turned out like dog food. Sookie and Bella loved it!)



TREAT YOURSELF

Like with any goal, I find that if I can look forward to some kind of reward at the end, it keeps me going. When I first did the \$50 weekly shop challenge, I used Cherry Ripes as my reward, so if I got to \$50 I'd buy one – then eat it after the kids had gone to bed (toddlers don't need chocolate!). It was something I really looked forward to – and even though it was only a very small treat, I cherished every bite! So use whatever small treat or incentive you like to keep you going. It might be, 'If I get my shopping down to \$100 this week, I'll get my nails done.' Of course, don't make the incentive so expensive that you undo all the hard work you've just put into saving money. ■



From *The \$50 Weekly Shop* by Jody Allen. Published by Penguin, RRP \$24.99. On sale now.

living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

*Be happy for this
moment. This
moment is your life.*

– Omar Khayyam,
Persian mathematician

PHOTOGRAPHY GETTY IMAGES



EVERYTHING YOU WANTED TO KNOW ABOUT FOOD *(but were too afraid to ask)*



Low fat or low carb? Small regular meals or fasting? When did healthy eating become so hard? DL dietitian and diabetes educator Dr Kate Marsh tells all

▶▶ If you're unsure about what to eat, you are certainly not alone. There's plenty of confusing and conflicting information out there when it comes to good nutrition, particularly when you have diabetes. Fortunately, healthy eating doesn't need to be hard. We cut through the jargon and got the straight talk on how to eat well.

Should I go low carb if I have diabetes?

There's certainly some evidence to show low-carb diets can help with improving blood glucose levels and blood fats, and reducing medication needs in people with type 2 diabetes.

But other diets, including Mediterranean and low-fat vegetarian diets, have shown similar benefits. And we don't know the long-term effect of a very low-carb diet. Those in favour of low-carb diets for diabetes say cutting carbs is the answer because these are the foods that directly affect our blood glucose levels.

But if you have type 2 diabetes, the reason you don't deal with carbs in the same way as someone without diabetes is because of underlying insulin resistance. So the aim of any dietary or lifestyle changes should be to improve how insulin works in your body. And there is evidence low-fat, high-fibre, plant-based diets improve insulin resistance while high intakes of saturated fat and red meat can worsen insulin resistance. So, while a very low-carb diet may work in the short-term, it may not be the best way to manage diabetes in the longer term. ▶



special report

What about if I want to lose weight?

Like any eating plan that cuts out major food groups, low-carb diets do help most people to lose weight. However, studies show that while low-carb diets often lead to more rapid initial weight loss, in the longer term (more than 6-12 months) they don't appear to be any better than low-fat, or other energy-restricted, diets. In fact, a large study comparing four different diets, from Atkins (very low-carb) to Ornish (vegetarian, low-fat, high-carb), found weight loss was similar on all four diets and what predicted success was cutting kilojoules and being able to stick to the diet. And, a major downside to low-carb diets is they can be pretty hard for most people to stick to.



But shouldn't everyone be cutting down on carbs?

There are definitely some carbs that shouldn't feature regularly in a healthy diet. These include refined carbs (think biscuits, cakes, pastries, highly processed breakfast cereals and white bread) and added sugars (such as confectionery and sugar-sweetened drinks). But there are also many carbs we know are beneficial for good health, including wholegrains, legumes, fruits and some vegetables. Research has shown eating more of these foods is associated with a lower risk of many chronic diseases, including cardiovascular disease, type 2 and some types

of cancer. So it's not about cutting carbs, but rather, looking at which carbs we choose.

Is there actually anything wrong with going low carb?

Yes. There's some evidence low-carb diets high in animal-based foods can worsen insulin sensitivity, increase type 2 risk and increase overall mortality risk and the risk of dying from heart disease and cancer. Restricting wholegrains and legumes and eating a lot of animal foods can also have negative effects on your gut bacteria which, in turn, may increase the risk of future health problems, including bowel cancer. Then there's the fact very low-

carb diets can have some pretty unpleasant side effects, including constipation, bad breath and headaches. In some people, they can also lead to poor energy levels and fatigue, making exercise difficult to undertake.

But I thought paleo was the way to go?

Those promoting a paleo diet claim we need to go back to eating like our ancestors did. There are definitely some positives of this way of eating – the paleo diet cuts out processed foods and focuses on fresh foods, including plenty of vegetables and fruits such as berries. In a true paleo diet, protein comes mainly from fish,



seafood and wild animals, which provide lean meat and a high intake of healthy omega-3 fats. The problem, however, is we can't really follow a true paleo diet today. Paleo man hunted and gathered his food, so activity levels were significantly higher, and the meat he ate was very different from what we have available to us today from domesticated animals. And, as discussed previously, high intakes of animal protein may have negative effects on our long-term health. The other downside to a paleo diet is that it cuts out foods which have been shown to be beneficial to our health, including legumes and wholegrains.



WHAT ABOUT PROTEIN - SHOULD I BE EATING MORE?

While we need protein, there's increasing evidence that eating too much isn't good for our health. In a study of adults aged 50 years plus, the chances of dying from diabetes were significantly higher in those who consumed moderate or high intakes of protein compared with those with lower protein intakes. The same study found those aged 50-65 who ate more protein had a 75 per cent increase in overall mortality and were four times more likely to die from cancer.

IS THAT ALL TYPES OF PROTEIN?

It seems not. Research shows higher intakes of total and animal protein are linked to higher risk of type 2, while higher plant protein intakes tend to be associated with lower risk. And low-carb diets based on animal foods have been associated with higher all-cause mortality, while plant-based, low-carb diets are associated with a lower mortality risk. Plant protein has also been shown to be more favourable than animal for blood pressure and the risk of heart disease. So, if you do up your protein, make sure most of it is from plants. ➤

SHOULD I GO MEAT FREE?

There are many benefits of cutting out, or cutting down on, red meat. High intakes of red meat are linked with an increased risk of type 2 diabetes, heart disease and some types of cancer, particularly bowel cancer. The biggest risk is seen with processed meats, so make these the first to go.





No bacon? But isn't bacon and eggs a better breakfast option than toast or cereal?

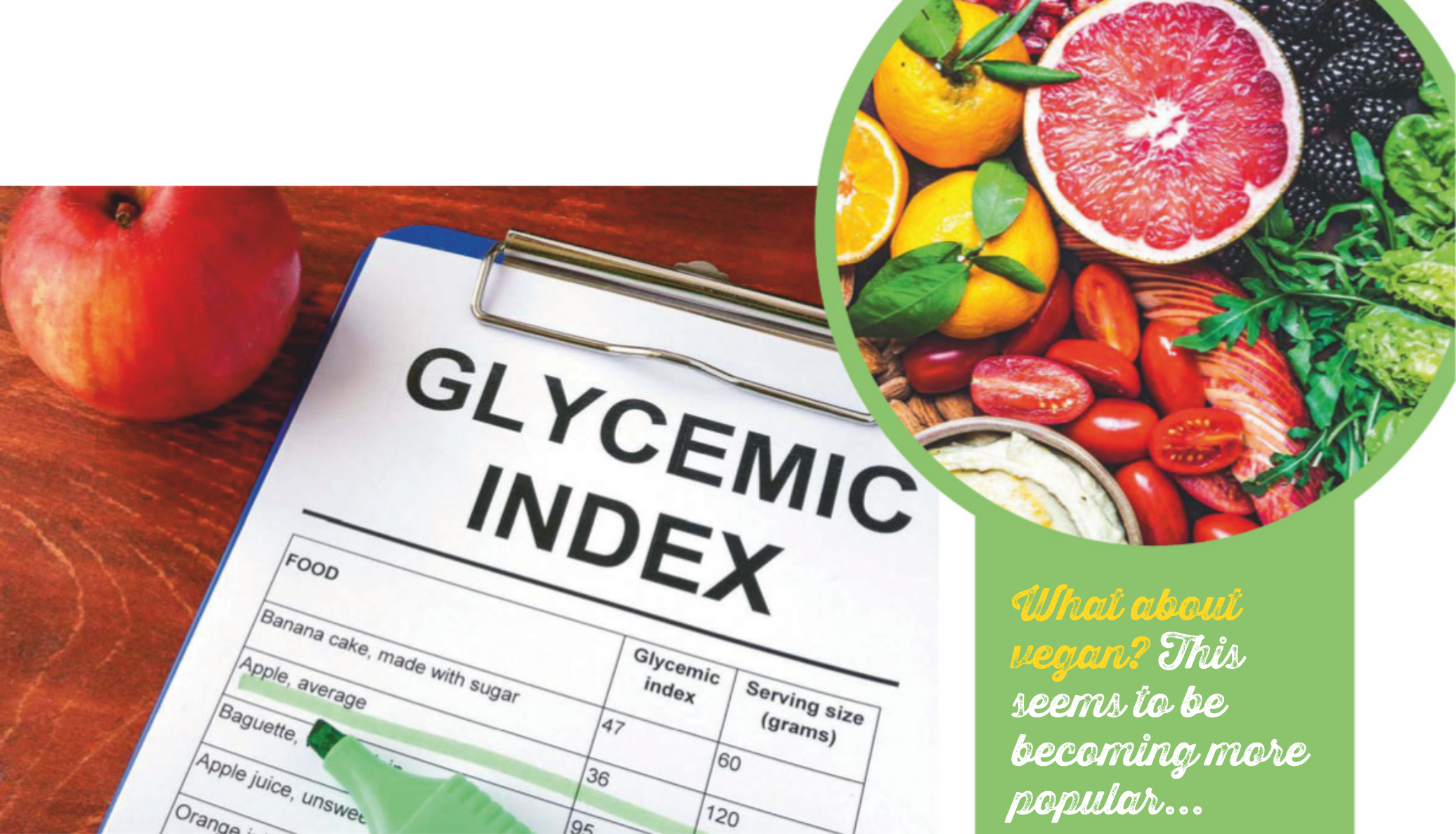
While processed, high-sugar cereal and white toast with butter and jam aren't healthy options, neither are fried eggs and bacon, due to the high saturated fat content and the nitrates found in bacon and other processed meats. Both are linked with an increased risk of heart disease. A better option would be a poached egg with a slice of wholegrain toast and a side of vegies such as spinach, mushrooms and grilled tomato.

I'm reading a lot of conflicting information about grains – are they something I should be eating more or less of if I have diabetes?

Despite some of the claims, grains per se are not bad, or something you need to avoid when you have diabetes. But not all grain foods are created equal when it comes to our health and the key is choosing the right ones. Highly processed or refined grains, including white bread, white rice, many puffed and flaked breakfast cereals and crackers and most processed snack foods, are typically low in fibre, nutrient-poor and have a higher glycaemic index. These are the grains to avoid or minimise. Instead, choose minimally processed wholegrains, which are higher in fibre, have a lower glycaemic index and provide nutritional and health benefits, including a reduced risk of type 2 and heart disease. These include foods such as traditional rolled oats, breads with lots of intact grains and wholegrains such as barley, freekeh, quinoa and burghul (cracked wheat).

I know I'm supposed to eat low-GI foods, but what exactly is GI?

The glycaemic index (or GI for short) is essentially a way of 'ranking' carbohydrate foods according to the speed at which they cause our blood glucose levels to rise and fall. When we eat, carbs are broken down during digestion into glucose and provide the body with energy. But different carbs have different effects on our blood glucose levels. Some are more quickly digested and absorbed (which we refer to as high GI),



GLYCEMIC INDEX

FOOD	Glycemic index	Serving size (grams)
Banana cake, made with sugar	47	60
Apple, average	36	120
Baguette, average	95	
Apple juice, unsweetened		
Orange juice, unsweetened		

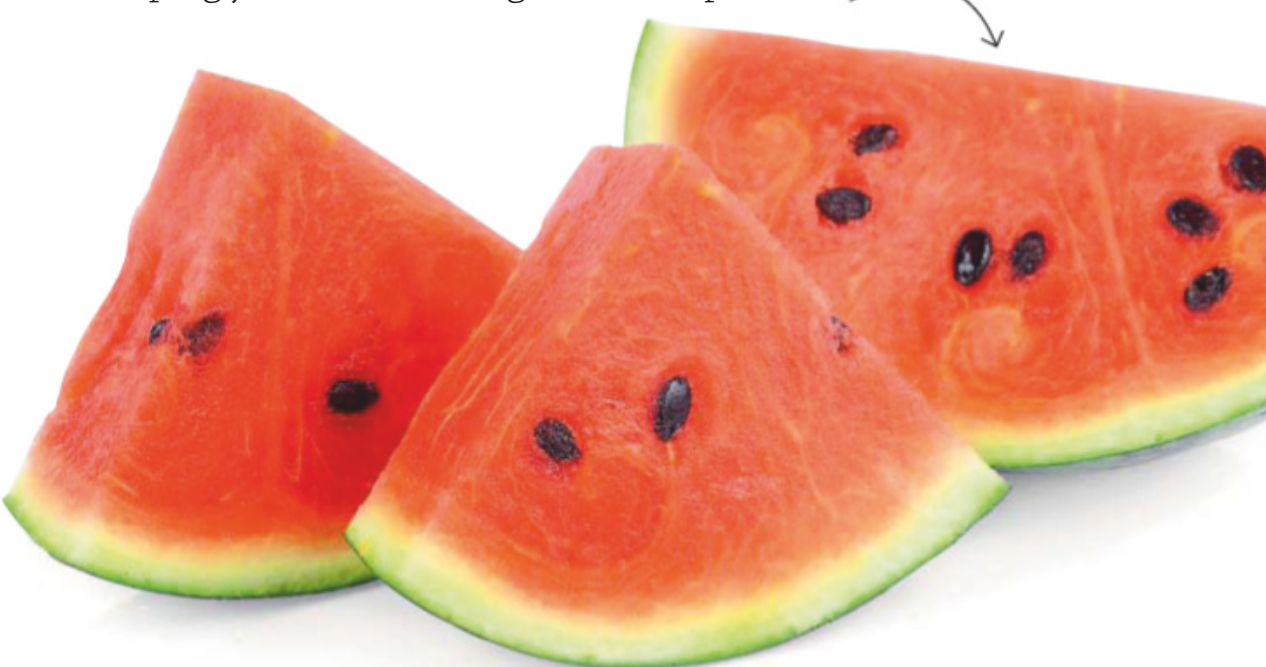
while others break down slowly, gradually releasing glucose into the bloodstream (this is known as low GI).

And why is GI so important?

Eating foods with a lower GI can help with diabetes management, by reducing the rise in blood glucose levels after eating. Low-GI diets may also lower the risk of developing type 2, help to lower LDL cholesterol levels and reduce heart disease risk, reduce the risk of some types of cancer and also assist with weight management by keeping you fuller for longer.

So are all low-GI foods a good choice?

No. GI is just one aspect of a food that needs to be considered and shouldn't be used in isolation when you're looking to make healthy food choices. You may notice some low-GI foods are high in saturated fat (for example, chocolate), while some high-GI foods may still be good choices because they are nutritious and relatively low in energy and carbohydrate (for example, watermelon). Consider whether a food is a healthy choice first and then go for the lower-GI options.



What about vegan? This seems to be becoming more popular...

Research has shown those who follow a vegan diet have lower weight and are less likely to develop type 2 compared with meat eaters. In fact, in one large study, the vegan diet group had half the risk of diabetes compared with the meat eaters, even after controlling for weight. In those who already have type 2, low-fat vegan diets have been shown to lower blood glucose levels, blood fats and weight significantly more than a standard diabetes-friendly diet, and many more of those on a vegan diet were able to stop taking diabetes medication. But, a vegan diet isn't necessarily healthy – there are lots of processed, nutrient-poor vegan foods. To reap the benefits, it's crucial to focus on a whole-food, plant-based diet with legumes, wholegrains, nuts, seeds, fruits and vegetables. If you're not ready to go fully plant-based, meat-free Mondays are a great place to start. ➤

special report

And isn't pasta off the menu?

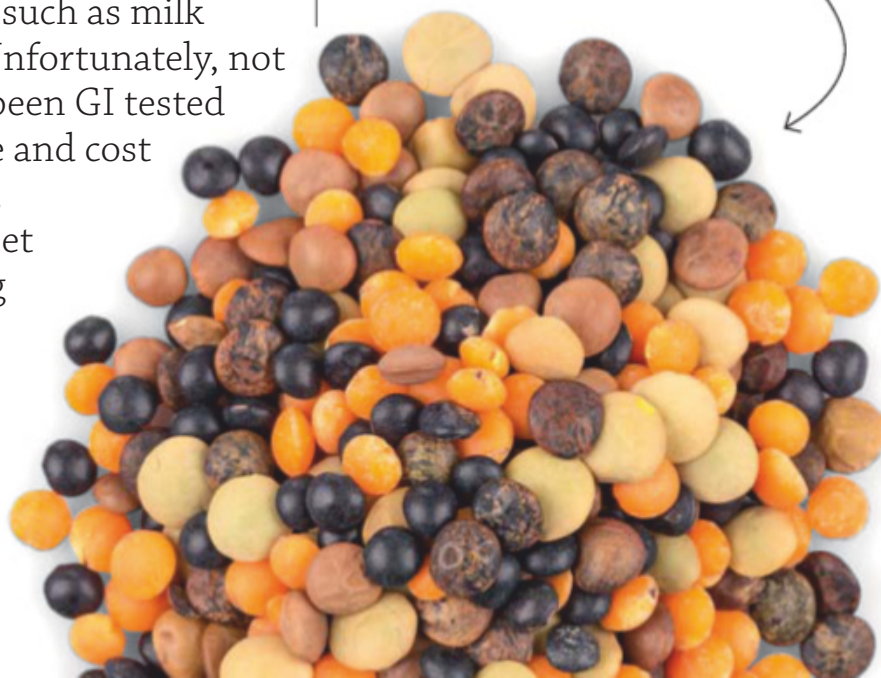
While it seems to have earned a bad name, pasta isn't the dietary evil it's often made out to be. In fact, when it comes to your weight and blood glucose levels, the problem isn't so much the pasta, but what you put on the pasta and how much you serve up. This is supported by an Italian study, which found that as part of a traditional Mediterranean diet, those who ate more pasta had a lower body mass index (BMI) and waist circumference and were less likely to be overweight or obese. So, if you enjoy pasta, go ahead – but aim for about one cup of cooked pasta and toss in plenty of vegetables or serve a large salad on the side.



How do I know which foods have a low GI?

Lower-GI foods include legumes (lentils, chickpeas and canned/dried beans), rolled or steel-cut oats, wholegrains such as barley, quinoa, freekeh and burghul, dense wholegrain breads, pasta (not the gluten-free varieties), sweetcorn, many fruits and dairy products such as milk and yoghurt. Unfortunately, not all foods have been GI tested due to the time and cost that's involved, but your best bet when shopping for packaged foods is to look out for the

Glycemic Index Foundation's Low GI Certified symbol. As well as certifying that a food is low-GI (as tested by approved methods), it must also be an overall healthy choice within its category, having to meet criteria for energy, total and saturated fat, sodium and, where appropriate, fibre and calcium.



You mentioned wholegrain bread – but isn't bread something to be avoided?

Many people seem to think bread is bad. Yet the right type can be a healthy carb choice, and is often lower in carbs and GI and higher in fibre and nutrition than other carb choices such as cracker biscuits, rice, pasta and potato. The key is choosing the right one. The best choices are dense, grainy breads – ones with lots of visible grains and seeds. If you really don't like grains, or can't manage them due to dental or digestive problems, traditional sourdough is the next best option, but try to pick a wholemeal or rye sourdough for more fibre. What you put



on your bread is important, too! Replace butter with avocado or natural nut butters on toast, and choose healthy sandwich fillings with plenty of salad and some lean protein.

So, what's the story on fat?

We need some fat to provide essential fatty acids and fat-soluble vitamins. But many of us eat too much. The type of fat we eat also matters. Despite all the recent claims that 'butter is back', saturated fat is still something to limit when you have diabetes.

Higher intakes of saturated fat worsen insulin resistance, the underlying problem in type 2, and diets high in saturated fat are associated with an increased risk of developing type 2. Replacing saturated fat with healthier monounsaturated and polyunsaturated fat also reduces the risk of heart disease. This means cutting down on animal fats, palm and coconut oil and most high-fat processed foods, and replacing these with the fats found in avocado, nuts, seeds, olives, olive oil and fish.

The right bread can be a healthy carb choice

CUT DOWN ON COCONUT OIL - I THOUGHT IT WAS A HEALTHY CHOICE?

Despite all the claims, there's little evidence to support the health benefits of coconut oil. Unlike other vegetable oils, coconut oil is high in saturated fat, which can worsen insulin resistance and may increase heart disease risk. While the types of saturated fat in coconut oil don't seem to have the same negative effect on blood fats as other foods such as animal fats and butter, opting for a monounsaturated or polyunsaturated oil has greater health benefits. By all means, use small amounts for flavour in certain dishes, but don't make this your everyday cooking oil. Olive oil is a much better choice. ➤

special report

But I thought cooking with olive oil makes it toxic?

All oils break down with heat and can produce harmful substances, but there's little evidence that this is a problem unless you are reusing cooking oil and continually

heating it up to a high temperature.

Due to its high content of monounsaturated

fat and antioxidants, olive oil is actually more

stable for cooking

than many other

oils. While you'll

destroy some of the

beneficial antioxidants and phytochemicals, and

lose some of the flavour,

heating olive oil doesn't make

it toxic and it's still the best

choice as your main cooking oil.

Aren't nuts too high in fat if I am trying to lose weight?

Nuts consist mostly of 'healthy' polyunsaturated and monounsaturated fats.

They also contain plant protein, dietary fibre and important vitamins and minerals, so are one of the best sources of healthy fats in your diet.

Studies have shown regular nut eaters are less likely to be overweight than those people



who don't eat nuts. Nuts are satisfying, so eating them may lead to less consumption of other foods. It also seems we don't absorb all of the fat from nuts – it has been found about 5-15 per cent of energy in nuts is excreted rather than absorbed.

Aren't low-fat foods higher in sugar?

While this is the case for many low-fat foods (such as cakes, biscuits, yoghurts and ice-creams), this statement isn't always right. Unsweetened foods, particularly dairy foods such as plain milk and yoghurt, don't actually contain any added sugars. The sugars they do contain are natural milk sugars, and they simply have the fat removed. This means they are lower in energy

(kilojoules) and fat, and can still be a good choice, particularly if you do happen to be watching your weight.

You mentioned fruit – but doesn't it have too much sugar?

Fruit does contain natural sugars, but this doesn't mean it's off the menu when you have diabetes. In fact, eating more fruit has been associated with a reduced risk of developing type 2 diabetes, and in those with type 2, restricting fruit intake has been found to have no impact on their weight or HbA1c levels. The sugars in fruit come along with dietary fibre, vitamins and minerals, and most fruits have a low to moderate glycaemic index,



SO OLIVE OIL IS GOOD, BUT I'M TRYING TO LOSE WEIGHT – SHOULD I BE CHOOSING THE LITE VERSION?

The term 'lite' on an oil means the oil is lighter in colour and/or flavour, not lower in fat or kilojoules. All oils are 100 per cent fat.

And the extra-virgin variety, rather than regular or lite, has the greatest health benefits.



meaning that they don't raise blood glucose levels quickly.

Is sugar completely off the menu?

Sugar is just a form of carbohydrate and, like other carbohydrate foods, is broken down to glucose to provide your body with energy. However, unlike many other carbohydrate foods, such as wholegrains, legumes, fruit and starchy vegetables, sugar provides energy but no other nutrients. For this reason, it makes sense for most people to minimise their intake of added sugars, particularly as part of foods with little other nutritional value, such as lollies, soft drinks and cordials. But sugar isn't 'toxic' and a small amount as part of a healthy diet is unlikely to do any harm.

Do I really need to eat my greens?

Yes! Despite all the confusion and conflicting ideas, eating more vegetables, particularly the green variety, is the one thing everyone agrees on! Why? Green vegetables are an excellent source of fibre and provide important vitamins, minerals and antioxidants that can protect against chronic diseases such as heart disease, stroke, diabetes and cancer. Studies have shown eating more vegetables, particularly the green leafy variety, can lower diabetes risk and may cut complications and mortality risk in those with diabetes. There are myriad choices, and ways to prep them, but make sure they regularly feature on your plate!

Are raw vegetables healthier than cooked?

While many vegies retain more nutrients when eaten raw – due to not losing heat and water-soluble vitamins – this is not always the case. For example, the lycopene in tomatoes is better absorbed when they are cooked, particularly along with a little oil, and the carotene in carrots becomes more available through cooking. The best option is to include a variety of raw (such as salads) and lightly cooked (such as steamed or stir-fried) vegetables. ➤





So I need more fruit and vegetables. Are fresh juices and smoothies a good option?

That's a great question as juices and smoothies aren't always the healthy choice they might seem, particularly if you're watching your weight and blood glucose levels. Juices, in particular, usually remove the fibre, which makes them easy to overconsume, and if they're mostly fruit, can be high in energy and carbohydrate. It's much better to eat the whole fruit! However, smoothies can be a way to get more fruit and veg into your diet. Choosing those which just blend up the fruit and veg, and sticking with one serve of fruit mixed with a variety of different vegetables, is your best option.

Are all sugar-free foods fine to eat if I have diabetes?

No. The sugar content of a food is just one aspect and is not the only thing, or even the most important thing, for people with diabetes to consider. In fact, the amount of saturated and trans fats, the fibre content, the total amount of carbs and the glycaemic index of a food are a better guide of whether a food is a good choice. Unfortunately, there are many sugar-free foods promoted to people with diabetes that are actually higher in saturated fat than the regular varieties and are not good choices. Many of them also contain little nutritional value.

I'VE HEARD ABOUT THE BENEFITS OF A MEDITERRANEAN DIET – IS THIS THE WAY TO GO?

There's now a significant amount of research showing the health benefits of a Mediterranean diet.

Studies have shown this type of eating plan can reduce the risk of heart disease, cancer, type 2 and neurodegenerative diseases such as Parkinson's and Alzheimer's disease.

I love my chocolate. Is it really true that dark chocolate is good for you?

Chocolate contains a range of antioxidants, in particular flavonoids, which are also found in fruits, vegetables, tea and red wine, and which may help in the prevention of heart disease and cancer. Several studies have also shown dark chocolate (minimum 70% cocoa) can improve blood pressure and the health of blood vessels. Eating it can also reduce the 'stickiness' of your blood and reduce some inflammatory markers that are associated with an increased risk of heart and blood vessel disease.

Finally, research has also shown eating dark chocolate can improve insulin sensitivity, the underlying problem in type 2 diabetes. However, remember, these studies have used dark chocolate or cocoa – milk and white chocolate don't count! And, despite its benefits, chocolate doesn't belong in a class with other healthy foods such as fruit, vegetables and wholegrains. Chocolate is still high in fat and energy so should be eaten in small amounts, particularly if you are watching your weight.

Do I need to snack between meals if I have diabetes?

The need to snack is a very individual thing for people with diabetes. For someone who is not taking medication, or who is taking medication which doesn't cause hypos, snacks are not a necessity, although spreading food intake over the day can often help with managing blood glucose levels. Those who are taking insulin and diabetes medications which can cause low blood glucose levels (hypos) may need to snack between meals to prevent them going low, but this will vary according to the type of medication and insulin they are taking and when they take it. And, despite claims that eating small frequent meals and snacks will help with metabolism and weight loss, there is little evidence to suggest this is actually the case.

And breakfast – they say it's the most important meal of the day, but is it really?

While not all studies show benefits to eating breakfast, there's a good body of evidence that suggests it's worth paying attention to your first meal of the day. Research has found eating breakfast improves insulin sensitivity and reduces the risk of developing type 2 diabetes and metabolic syndrome. There's also evidence breakfast eaters are less likely to be overweight compared with those people who skip this meal, and that those eaters who consume their largest meal at breakfast have a lower weight than those people who make dinner their biggest meal. So there may, in fact, be some truth to the saying "eat breakfast like a king, lunch like a prince, and dinner like a pauper".

The need to snack is an individual thing

Eating a Mediterranean diet also appears to reduce your risk of dying of any cause.

A recent Australian study, from researchers at the Deakin University Food and Mood Centre, also found a Mediterranean-style diet can reduce the symptoms of depression.

There are a number of reasons why this type of eating plan might have so many health benefits.

It is based on wholefoods and

encourages a high intake of plant foods while being lower in animal fat and protein.

It also focuses on nutrient-dense carbohydrates (such as vegetables, fruits, wholegrains and legumes) in place of the processed variety, and healthier types of fat (those found in nuts, seeds, avocado and olive oil).

If you enjoy this way of eating, then it definitely appears to be a good option. ➤



special report

Do I really need to drink eight glasses of water per day?

Australian dietary guidelines suggest an average fluid intake of eight glasses (2.1L) for women and 10 glasses (2.6L) for men. But this will vary widely from one person to the next, depending on your body size, environmental conditions, physical activity levels and individual metabolism. And, this is total fluid, not just water, although water should be your first choice.

And tea and coffee don't count – right?

While tea and coffee have a mild diuretic effect, the fluid loss caused by this is much less than the amount of fluid that's consumed in the drink. So tea and coffee still count towards your fluid intake.

Diet drinks – yay or nay?

They may be sugar-free and low in calories, but some research suggests artificial sweeteners may increase appetite and cravings for sweet foods, while studies have linked higher intakes of diet drinks with an increased risk of type 2 and heart disease, possibly via effects on our gut bacteria. Instead, try drinking natural sparkling mineral or soda water with some fresh lemon or lime.



Intuitive eating, mindful eating, getting in touch with your appetite – seems to be the latest thing, but is it really that important?

Yes. Many of us have lost touch with our appetites. We tend to eat for lots of reasons other than hunger, such

as boredom, stress, because the food is there or someone else is eating. Learning to recognise true hunger and when you are satisfied (but not overly full) is an important part of managing weight and diabetes. Start by making time to enjoy meals, rather than eating on the run or during other activities. ■

Healthy eating really isn't that hard. In fact, this famous quote by Michael Pollan sums it up nicely:

“Eat food, mostly plants, not too much”



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Get a MOVE ON

With a plan in place, squeezing extra steps into your day is more achievable than you might think

►► It's no secret that doing some regular physical activity is good for you, but research is shedding new light on the size of the dent leading a sedentary lifestyle can put in your health and wellbeing – and on the type of daily movement that can help to offset the effects. It's information that might change how you feel about being physically active and how you go about doing it. Here's what you need to know...

Staying still is a bad move

Too much sitting has been labelled 'the new smoking' in the last few years and, while most experts agree that description has an element of hype about it, there's no denying living a sedentary life delivers its share of risks.

In fact, while previous research connected taking too few steps and sitting down for too long to an increased risk of everything

from heart disease and diabetes to some types of cancer, a study conducted at the University of California, Los Angeles also links it to changes in a section of the brain that's critical for memory.

And, even if you have been a regular exerciser in the past, the impact of declaring a go-slow on the activity front kicks in sooner than you might think. In 2018, two different studies confirmed important measures of health, including BGLs and insulin sensitivity, declined after just two weeks among people who slashed their daily step count from between 8000 and 10,000 steps to below 1000 or 2000.

More worryingly, in one of the studies, most participants still hadn't been able to fully reverse the negative changes caused by staying still, two weeks after

they'd returned to 'normal' activity levels.

It's moving regularly that matters

Think your daily inactive hours are counteracted by the fact you work out regularly? Probably not, according to latest research.

Building on a 2012 Australian study that found regardless of how much planned exercise people did, those who spent 11 hours a day sitting down had a 40 per cent higher risk of dying compared with those who sat for fewer than four hours, last year US researchers discovered something else, too. Adults who sit for one to two hours at a time without moving have a higher mortality rate than those who accrue the same amount of sedentary time, but in shorter



Research suggests staying seated for no more than 30 minutes at a time

STEP IT UP

Not only are 65 per cent of Australian adults failing to achieve the recommended level of daily exercise, on average we're spending more than 10 hours a day sitting, too. One way to avoid both of those health traps is by making sure you take enough daily steps. Use this five-step plan to shift your daily step count into the healthy zone.



bouts – even if they exercise regularly.

The bottom line is...

Doing regular physical activity is still really important for your health. Guidelines recommend accumulating activity of 150-300 minutes of moderate intensity, or 75-150 minutes of vigorous intensity, each week.

But, even with that box ticked, it's important to limit how much time you spend sedentary each day – both your total amount of sitting time, as well as paying attention to how long you spend static at any one time.

A good place to start? Research suggests staying seated for no more than 30 minutes at a time. Plus, by getting up and doing four to five minutes of steps every half hour (even if it's just on the spot), the average Australian could reduce their daily sitting time by about 1.5 hours, which is a good target.

1 First things first, assess yourself. You're more likely to do what it takes to move more, if your step count is on the light side, once you know where you're currently at. Download a free activity tracker app (such as Steps, Walksome or ActivityTracker Pedometer) and use it for a few days.

2 Then, set a 'step goal'. Use your current daily step tally as a guide, but bear in mind the research that proves people who set themselves ambitious step goals are more likely to take more steps, as a result. Wondering if 10,000 steps a day is still the holy grail to strive for, in the pursuit of good health? It's not a bad number to aim for, but in reality, it's not actually backed up by a whole lot of credible research. The jury's still out on the optimum number of steps to take per day, but according to a study published last year, 15,000 steps a day is probably more likely to be the magic number. Want to make it fun? Turn to page 128 and start your 10,000 steps from Port Melbourne to St Kilda.

3 Write it down

and stick it somewhere you'll see it – often. Research proves that mentally linking an action (getting up to move around frequently) with a visual cue (eyeballing that big step target you've written down) equals performing the action more successfully.

4 Next, make (and take!) opportunities to step it out, because they all add up. So, park the car further away from your destination – or, if you can walk somewhere without driving at all, leave the car at home. Take the long way around at the supermarket, use stairs instead of the lift or escalator and quit paying other people to do active things for you, such as mowing the lawn, washing the car or cleaning the house. The main thing is to start thinking of every chance to move as an opportunity, not an inconvenience.

5 Lastly, track your steps. Activity trackers might not be a cure-all, but even if they can't guarantee that you'll hit your exercise goals 100 per cent, research has linked their daily use to spending less time being sedentary and taking more steps. ■

The truth about OPTIMISM

When things seem like they're going wrong, simply thinking positive won't do much to change your outlook. Discover the surprising reality about what really makes your perspective brighter



*When life hands
them lemons,*
optimists don't just put
on a happy face. They
feel the pain. They
acknowledge life can
be hard AND move on.

PERCEPTION

OPTIMISTS SEE ONLY THE BRIGHT SIDE

REALITY

Optimists don't think that life is all great all the time, or force themselves to always be positive. Instead of fighting negative emotions, optimists appreciate those feelings for what they are telegraphing.

"Often, the more uncomfortable emotions are signposts to things we care about," explains Susan David, author of *Emotional Agility*.

Optimists examine their negative emotional reactions and think about what steps they can take to change the circumstances that lead to that reaction.

For example, if you're feeling negative about the current political climate, then drill down to what exactly you're reacting to and then get involved in a group that supports those issues.

Happy tweaks

Have a worry-later list

When a worry pops into your head, write it down and set it aside. Clear 15 minutes from your day to go over the list – when you get around to it, you may not be as concerned.

Change expectations

Say your sister always makes an obnoxious comment... Lose the burden of expecting her to be different. Focus on you, which might involve not reacting to her.

PERCEPTION

OPTIMISTS
DON'T KNOW
WHAT IT'S
LIKE TO HAVE
BAD LUCK

REALITY

They most definitely experience adversity, but they see the silver lining, says Steven M. Southwick, co-author of the book *Resilience*. "Instead of catastrophising a situation, optimists tend to take a step back and keep things in perspective," he says.

Suppose you bungle a presentation. Instead of writing it off as terrible, optimists frame it as, "That was bad. How can I do better in the future?"

Experts believe you can develop this type of resilience. "We often overpredict how extreme and long-lasting our negative emotions will be," says Robert L. Leahy, director of The American Institute for Cognitive Therapy and author of *The Worry Cure*.

Circumstances don't drive happiness – it's your response. For instance, there is more than one way to react to a test that didn't go well. And an optimist thinks, "Maybe I didn't study hard enough. I'll do something different next time." In other words, you didn't fail – your approach did. You'll think of other strategies to try.

THE HAPPIEST
COUNTRY

on Earth goes to: Finland!
Australia came
in 10th (2018).



*When
the storms of life
come your way,
look at what you can
learn from them.*

PERCEPTION

THE WORLD HAS GONE MAD.
THERE'S NO WAY TO BE UPBEAT

REALITY

Bring your positive outlook back by looking at history, not headlines. "According to just about every indicator of human

wellbeing, we're better off than any other time in history," says Marian Tupy, editor of humanprogress.org. For most of our past, he says, people lacked things such as basic medicine.

The trouble is that the bad news of the day comes right to our phones and checking history takes effort.

A shortcut: think about what you have today that

you wouldn't have had 100 years ago. Refrigerators. Cars. Mobile phones. Internet.

To help keep bad news from overshadowing everything else, seek out other news.

Don't lose sight of the fact child mortality, illiteracy, and poverty are down worldwide.

And, even in tragedies, there are stories of human resilience to be found. ►

PERCEPTION

IT'S TOO LATE TO CHANGE

REALITY

Some people are more optimistic than others, and it is partially inherited. “Even if you haven’t won the optimism lottery, you can shift your point of view by putting a concerted effort into changing your mind-set,” says Sonja Lyubomirsky, psychology professor at the University of California, Riverside. “Optimism is like a muscle – you have to exercise it to build it,” she adds.

Small steps such as these work:

- **Write down three things** you’re looking forward to. Let the good feelings sink in for at least five minutes.
- **Reminisce.** Scientists have found people who heard songs from their past or thought about events that made them nostalgic felt more optimistic. Bringing up those positive memories can boost confidence and optimism.
- **Get enough sleep.** In one study, people who slept seven to eight hours a night were more optimistic than those who got less than six.



Look at the facts:

When a mistake happens, don’t blow it up as a big problem. Put your emotions aside and think if you’d be able to convince a friend that the situation is really as dire as it seems.

FLIP THE SWITCH

THERE’S A DIFFERENCE BETWEEN THINKING ‘I FEEL UNHAPPY’ AND ‘I AM UNHAPPY.’

The former helps you separate from your emotions, which allows the feelings to pass more easily.



Optimism is a skill you can develop.

It takes practice. Think about where you rank on this skill and learn how to understand yourself with Gretchen Rubin, author of *The Happiness Project*. Visit gretchenrubin.com. ■

WORDS MARTY MUNSON, ELLIE GRIFFITHS
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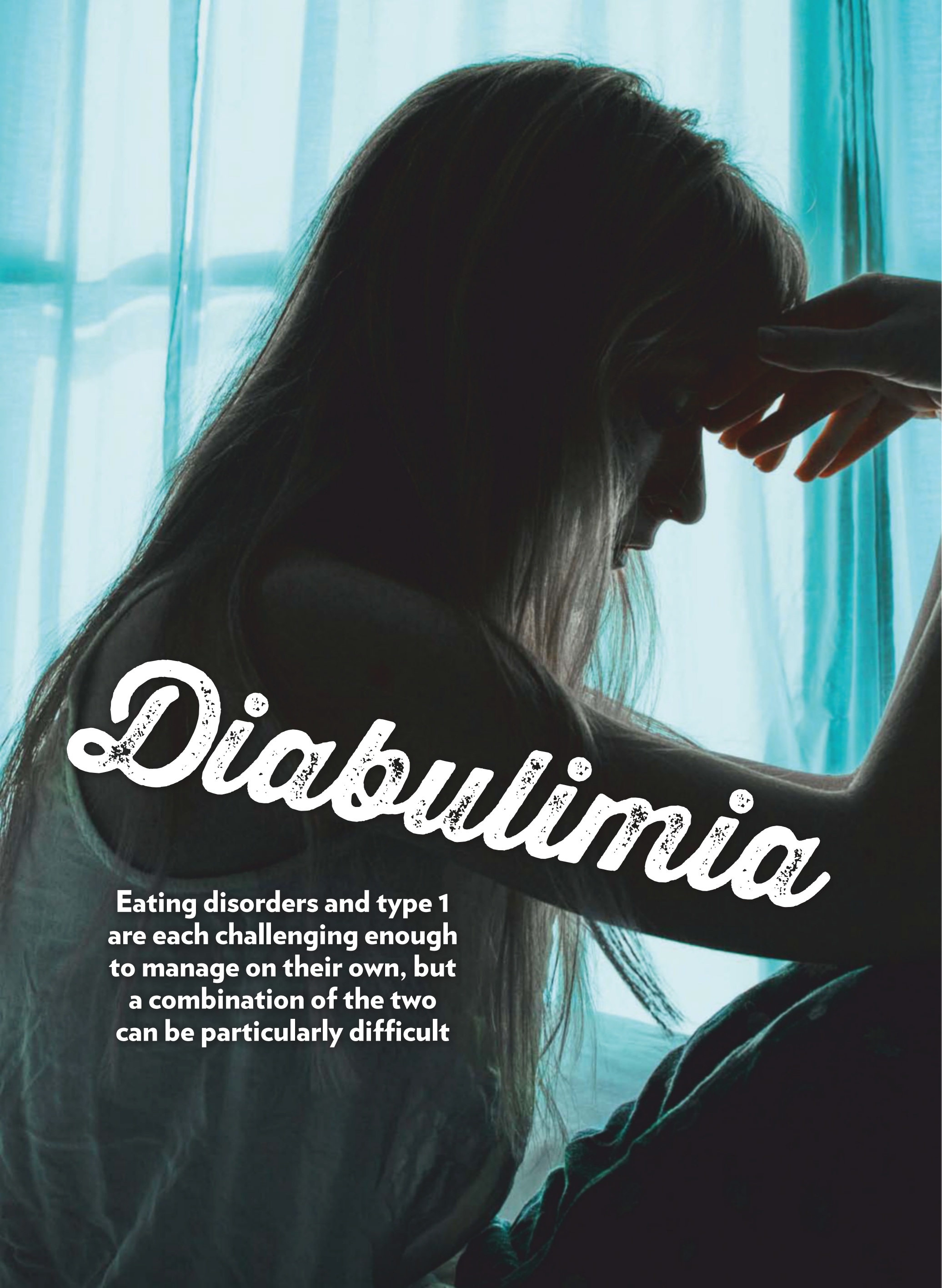
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Diabulimia

**Eating disorders and type 1
are each challenging enough
to manage on their own, but
a combination of the two
can be particularly difficult**

▶ WHAT IS DIABULIMIA?

You've probably heard of bulimia. This is a form of eating disorder where the person follows episodes of binge eating (consuming large amounts of food in a short period of time) with behaviours such as vomiting, misusing laxatives or diuretics, excessive exercise and/or fasting in an effort to control their weight.

Diabulimia is the name commonly used to describe an eating disorder in someone with type 1, where the person restricts insulin in order to lose weight. They use insulin omission as a way to manage their weight, rather than the typical behaviours of someone with bulimia.

However, those with diabulimia may also have some of the signs of other types of eating disorders, along with their insulin omission.

WHY RESTRICTING INSULIN LEADS TO WEIGHT LOSS

Those with type 1 may remember losing weight prior to their diagnosis, usually along with symptoms such as excessive thirst, frequent urination and fatigue. The reason for this is that without insulin, the body is unable to use glucose for energy and starts to break down fat. This can lead to rapid weight loss.

But, while it may seem like an easy solution, avoiding the

need to restrict food intake or exercise, it's unfortunately a very dangerous way to lose weight.

THE RISKS OF DIABULIMIA

According to Dr Susan Hart, Accredited Practising Dietitian and Clinical Senior Lecturer at the Boden Institute of Nutrition, Obesity, Exercise and Eating Disorders at the University of Sydney, it is estimated about 40 per cent of people with type 1 misuse insulin for weight control.

"Importantly, any level of

insulin misuse, even if it's only occasional, puts your health at risk," she explained.

In the short-term, restricting insulin can lead to chronic high BGLs, dehydration, infections, muscle wasting and an increased risk of developing diabetic ketoacidosis (aka DKA).

DKA occurs as a result of breaking down fat (because the body can't use

glucose as energy without insulin), leading to a build-up of ketones in the blood, making it acidic. This is a medical emergency and can be life threatening.

In the long term, diabulimia can increase the risk of diabetes-related complications, such as eye, kidney and nerve damage.

People with type 1 and diabulimia are also at greater risk of death. ➤



Any level of insulin misuse, even if it's only occasional, puts your health at risk



Dr Hart also points out that despite insulin restriction and eating disorders being common in those with type 1, unfortunately most people report never being asked about these behaviours. This means it often goes undiagnosed.

A BALANCING ACT

Living with type 1 isn't easy, particularly when it comes to food. You need to pay close attention to the types and amounts of food you eat. You may need to measure, weigh and count your carbs. There may be increased focus on your weight by your healthcare team.

While these are all important aspects of managing your diabetes, unfortunately they may lead some people to focus too much on their eating and weight. "Research has shown that there is a difference

between healthy management of diabetes, where some attention is paid to food and body weight, versus excessive focus on what you eat and weigh, to the point that this becomes more important than anything else – even the long-term effects of living with diabetes," says Dr Hart.

MANAGING WEIGHT WITHOUT INSULIN RESTRICTION

Taking insulin shouldn't be a barrier to weight loss or a contributor to excessive weight gain. We need insulin to use our food as a source of fuel for our muscles and cells. It's only when you're taking more insulin than you need that it may contribute to weight gain.

Of course, it's normal to gain weight when you are first diagnosed and start insulin. That's because your body has been starved of energy and you are very likely to have lost weight before diagnosis due to lack of insulin.

So, once you start taking insulin and are able to use your food as energy again, you will regain the weight you lost.

If you continue to gain weight, past your usual healthy weight, it could be that the amount of insulin you are taking isn't right. This could be because:

- **You are taking more insulin than you need** and are having regular episodes of hypoglycaemia (hypos), requiring you to eat more.
- **You are eating to match your insulin** (rather than the other way around) and often feel

Signs of diabulimia

- Unexplained weight loss/low body weight
- Persistent high blood glucose levels/HbA1c levels
- Symptoms of high blood glucose levels, such as thirst and frequent urination
- Frequent hospital admissions for diabetic ketoacidosis (DKA)
- Avoiding checking blood glucose levels
- Neglecting diabetes management tasks, including missing doctors' appointments

you are eating more than you need to satisfy your appetite.

● **You need to eat every time you exercise** to reduce your risk of hypos.

With these in mind, a key part of managing your weight with type 1 is to make sure you are taking the right insulin doses. Learning to match your insulin to your food intake and activity levels is also crucial. You should be able to eat according to your appetite and exercise without necessarily having to eat more. But this requires knowing how to adjust your insulin doses to allow this. Your diabetes team can help you with this.

There are also programs such as DAFNE (Dose Adjustment for Normal Eating), which are available in various diabetes centres around Australia.

WHERE CAN I GO FOR HELP?

If you have diabetes and you are deliberately taking less insulin than recommended (or skipping it altogether), you should seek

treatment as soon as possible. It can be a hard behaviour to break on your own, but people do recover with the right help.

Dr Hart agrees. "People often think [restricting insulin] is the only option they have, but there are other avenues you can take if you are feeling out of control with your eating or weight."

"Don't feel ashamed or keep it a secret," she stresses. "It's important to seek help."

A good place to start is your doctor or other members of your diabetes team. They'll be able to provide you with the help and support you need, including helping you learn how best to balance your eating and insulin doses. ■

For more information and support:

- Visit The National Eating Disorders Collaboration at nedc.com.au.
- Visit Anorexia Nervosa & Related Eating Disorders Inc. at anred.com/diab.
- Read *Prevention and Recovery from Eating Disorders in Type 1 Diabetes: Injecting Hope* by Ann Goebel-Fabbri (Routledge, RRP \$84.95).

The key to weight loss with type 1 is balance – not skipping out on your insulin



7 SECRETS TO BOOST *fat loss*

There's no one magic pill for losing weight, but a series of small steps can bring rewards that will all add up

1

Size matters

You *can* eat too much healthy food, and many of us serve up large portions of lean meat and lashings of rice and pasta while we skimp on the vegetables. Generally, the later you have dinner, the smaller the portion should be. When it comes to meat and chicken, stick to a palm-sized serve and less than a cup of cooked rice, pasta or grains. Loading a plate with 2-3 cups of salad or veg will keep other foods under control. Another option is to swap your main meal to lunch and keep dinner a simple affair of soup or salad.

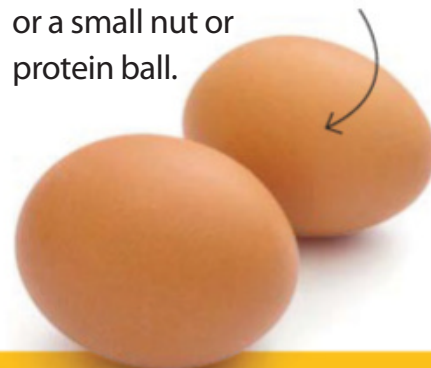


2 *It's all about timing*

If you enjoy your first meal too late in the day, you will have missed the benefits that come with giving your metabolism a kickstart first thing in the morning. Then, if you eat your dinner too late, you are more likely to store body fat. Keeping food consumption within a 12-hour time window is better for metabolism. This means breakfast by 8am, lunch by noon or 1pm and dinner by 7pm at the latest.

3 Protein up

As a nutrient, protein requires more kilojoules to digest than carbohydrate and protein. This means meals that are high in protein will naturally give you a fat-burning boost. Aiming for 20-30g of good-quality protein at each meal is ideal, or the equivalent of 2 eggs, a small chicken breast, a can of tinned fish or 1/2 cup legumes, with a couple of tablespoons of cottage cheese or a tub of Greek yoghurt. Any snacks should also contain a minimum of 5-10g of protein. Good options include cheese on wholegrain crackers, Greek yoghurt with fruit or a small nut or protein ball.



4 Shop less, buy less and keep less food around

Human beings will eat whatever food is readily available. This means the more food you buy, the more you are likely to eat. As such, the easiest way to cut kilojoules is to buy less food. This doesn't mean not buying enough to make nutritious meals, but rather, skipping the little extras we tend to

keep on hand and eat when we are hungry, or not – biscuits, snacks, nuts, treats that we mean to keep for special occasions but end up eating anyway. If it's not there, you can't eat it!



5 Spice up your life

The reason you may feel slightly warm after enjoying a fiery meal or a curry is that hot and spicy foods do increase your metabolic rate slightly. This means that adding a little chilli or spice to your meals will naturally help you burn more kilojoules. Good combinations include a little cayenne pepper with your favourite salad dressing, turmeric with your hummus and burgers, or chilli with your favourite soup or stir-fry.

7 Drink your water right

Keeping well hydrated is a must to support optimal energy levels and your digestive system working efficiently, which in turn supports optimal metabolic functioning. There is also some evidence to show that serving your water icy cold helps to give you a fat-burning boost after each glass. Green tea has also been shown to increase fat burning slightly after meals, so including a cup or two of that each day is another simple way to improve your body's fat-burning potential. ■

6 Go for wholefoods

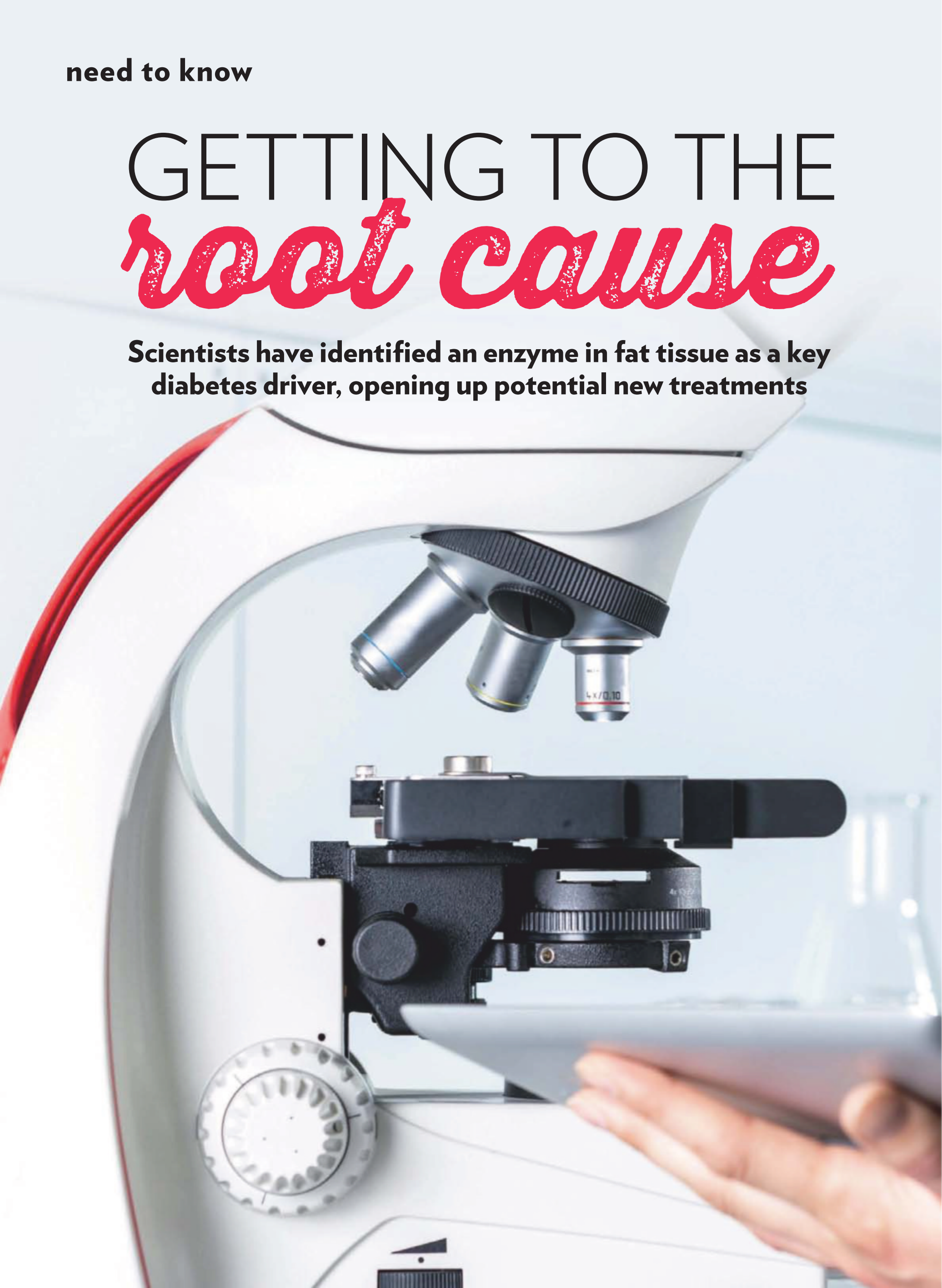
It has been shown that consuming wholefoods – for example a steak as opposed to mince, or wholegrain bread rather than white – results in a higher kilojoule burn than the more processed food alternatives. This means the more natural the food you eat is, the better it is for metabolism. So go for fruit and veg whole, with skin intact, fillets of fish, meat and chicken, and wholefood snacks such as nuts, fruit and yoghurt, rather than processed biscuits, bars and cakes.



need to know

GETTING TO THE *root cause*

Scientists have identified an enzyme in fat tissue as a key diabetes driver, opening up potential new treatments



▶▶ New research has further highlighted an enzyme's role in diabetes, demonstrating that it works in fat. Now, scientists are homing in on a way to block its function.

Most of us think of our fat tissues as where we store energy (whether we like it or not), but growing evidence is revealing that fat is a dynamic endocrine organ that sends messages throughout the body. The nature of fat cells, and how they change, could have wide-ranging, complex implications for type 2 diabetes.

This recent discovery by researchers from the Garvan Institute of Medical Research, throws into doubt the traditional definition of diabetes as a disease of the pancreas, muscle and liver.

Due to the decline in the body's reaction to insulin, type 2 research has generally focused on the pancreas (which produces insulin) and muscle and liver (because of their roles in storing and releasing blood sugar).

However, the breakthrough discovery from Garvan's Associate Professor Carsten Schmitz-Peiffer (pictured above right) is that an enzyme in fat



tissue is another important driver in diabetes.

Target for a treatment

What the science also highlighted is the significant role the PKC ϵ enzyme plays as a driver of the disease, which identifies it as a prime target for a new way to treat diabetes.

Garvan researchers are now collaborating with the Monash Institute of Pharmaceutical Sciences to develop a drug that will specifically target and block the enzyme. "By blocking PKC ϵ function, we hope to improve the body's insulin action, as well as the controlled release of insulin by the pancreas, to have a two-fold impact," Associate Professor Schmitz-Peiffer explains, emphasising

the need for the drug to act only on the target enzyme.

"Because diabetes is a chronic disease and we know that people could be on this medication for a lifetime, it has to be extremely specific in blocking this enzyme while not causing off-target effects."

This new approach to treating diabetes is still in vitro, meaning it's early days. "We've had very encouraging 'screening hits' and are now tweaking these molecules and will be testing them in cell models," Associate Professor Schmitz-Peiffer says.

The course of drug development is a slow and methodical process.

When researchers are able to produce a drug that is potent and selective enough, they will progress to animal tests and then, if all goes according to plan, human clinical trials.

In the meantime, for those who are overweight or obese and are impacted by type 2, the findings also indicate that losing weight through a healthy diet and exercise plan should still be on your radar. ■

Understanding fat

"We know that people who are overweight are prone to type 2 diabetes," explains Associate Professor Schmitz-Peiffer. "What we've now proven is that a specific enzyme that is known to drive diabetes is activated by obesity."

This enzyme – **protein kinase C epsilon (PKC ϵ)** – has long been known to be involved in the generation of type 2 diabetes. The surprising finding researchers made was that this enzyme isn't acting in the liver, which has been assumed for at least a decade.

Previous research had established that mice which do not produce PKC ϵ at all will not develop diabetes-like symptoms – even under conditions where other mice become diabetic.

What Garvan's world-first research uncovered was that inhibiting PKC ϵ production specifically in the liver did not protect the mice from becoming glucose intolerant. However, stopping PKC ϵ production in fat tissue protected the mice.

"When we closely examined

fat tissue, we realised there is a striking difference in the shape and size of fat cells, depending on whether PKC ϵ is present," says Associate Professor Schmitz-Peiffer. "The results in mouse models suggest PKC ϵ is acting from fat tissue to worsen the disease. When it's chronically activated in obesity, it most likely alters the communication with liver and muscle and so reduces the proper storage of glucose."





THE BIG FREEZE

TAKING THE CHILL OUT
OF A FROZEN SHOULDER

Sydney orthopaedic surgeon Dr Jonathan Herald answers your most asked questions on frozen shoulder – a frustrating and common complication of diabetes



WHAT IS FROZEN SHOULDER?

- * Frozen shoulder – also called adhesive capsulitis – is a severely painful and disabling shoulder condition that disrupts sleep and causes pain that ranges from mild to breathtaking.
- * It can also cause stiffness and your range of motion may be impacted, making it difficult to do everyday tasks such as putting on a bra, getting into a coat or reaching overhead or across your chest.
- * For people with diabetes it can create difficulties with injecting insulin into the arm. Over time, the ability to move your shoulder is significantly reduced, so much so that it literally becomes “frozen”.

▶▶ **What are the medical “phases” of frozen shoulder?**

There are generally three phases of frozen shoulder.

First is the painful or “freezing” stage, which lasts six weeks to nine months.

Then there is the “frozen” stage, where the pain improves but there is still stiffness. This often lasts for about four to six months.

Finally, the “thawing” stage lasts up to two years, as range of movement improves. Almost all people will recover from frozen shoulder.

~~~~~ **How is my frozen shoulder linked to diabetes?**

The shoulder joint is a ball and socket joint – with the joint covered by a capsule of ligaments.

When frozen shoulder develops, the ligaments become inflamed and tight, making movement problematic.

The exact reason why it is so common in people with diabetes is not definitive, but it’s thought that collagen (which holds the bones together) becomes sticky if sugar molecules attach, causing stiffness and adhesions or scarring, a process known as glycosylation.

While vision problems, nerve damage, diabetic foot, amputations and cardiovascular issues are very well documented problems for patients with diabetes, many people are not as aware that frozen shoulder is also a very common diabetes complication.

In fact, quite often it may be a warning sign of the disease.

If I already have diabetes, what is the chance of developing frozen shoulder?

The incidence of frozen shoulder is about 11-30 per cent in patients with diabetes compared with 2-10 per cent in people without diabetes, according to the *Journal of Clinical Orthopaedics and Trauma*. In patients with type 1 diabetes the rate increases to 59 per cent of patients who develop frozen shoulder, with about 73 per cent of this group developing it in both shoulders, according to a 2017 report in the *Archives of Physical Medicine and Rehabilitation*.

The good news, however, is that frozen shoulder, while debilitating, always eventually thaws, most often without surgical treatment. ➤

Frozen shoulder eventually thaws for most people

WHAT NON-SURGICAL TREATMENTS ARE AVAILABLE TO REDUCE PAIN AND SWELLING?

Certainly, as a first line of treatment, ice, heat, physiotherapy and over-the-counter pain relief such as Panadol or aspirin can help.

Sometimes, cortisone is a good idea, using ultrasound to ensure the medication gets deep into the shoulder joint. However, cortisone is not always ideal for people with diabetes due to the fact it can raise blood sugar levels, so this needs to be discussed with your diabetes educator or GP.

Brisement (hydrodilatation) is a procedure performed under radiological guidance to inject a large volume of fluid into the shoulder joint and distend the joint, stretching the capsule and providing pain relief and slightly improved motion. This seems to work in about 70 per cent of people in my practice.

After administering a local anaesthesia the radiologist introduces a mix of saline and steroids to stretch out the joint. This is followed up with extensive physical therapy to break down the adhesions or scarring that have occurred on the shoulder joint.

Some patients choose to get this done in the initial stages because the pain is so severe or stops them sleeping, which can then exacerbate depression or make them unable to do their job.



What about surgical treatments?

A minor surgical procedure that can be done as an outpatient is what's known as shoulder joint capsule release, or arthroscopic capsular release.

While the majority of people will have pain relieved by non-surgical treatments, after six months, if pain is severe, surgery can be considered.

This procedure is considered a very low risk surgery.

Outside of the standard and unlikely risk of an adverse event from general anaesthetic

or blood clots (patients are monitored for these), the most common side effect is recurrent stiffness, which is usually prevented with physiotherapy.

You can generally return to work within a week or two and drive in about the same time frame.

While surgical options are often not considered by

patients who “grin and bear” a milder case of frozen shoulder, it can be a godsend for those severely affected.

One study in the *Journal of Family Practice* found 94 per cent of patients experienced immediate pain relief after their surgery, the results often lasting up to 10 years.

What other factors increase my risk and can I prevent frozen shoulder?

Outside of diabetes, at-risk groups from frozen shoulder include:

- People who are immobilised.
- People who have had a stroke, cardiac disease or Parkinson's disease.
- People who have had heart or neck surgery.
- People who have had previous rotator cuff injury and surgery.
- Having one frozen shoulder also increases the likelihood it will occur in the other shoulder.
- Bilateral frozen shoulder can occur at the same time or after the first shoulder.

Unfortunately, you can't prevent your risk of frozen shoulder, but you can stop it from getting worse.

And you can also thaw it faster, doing what I call “active assisted exercises” (diagrams pictured, opposite) using everyday objects around the house such as a broom, coathanger and tea towel. ■

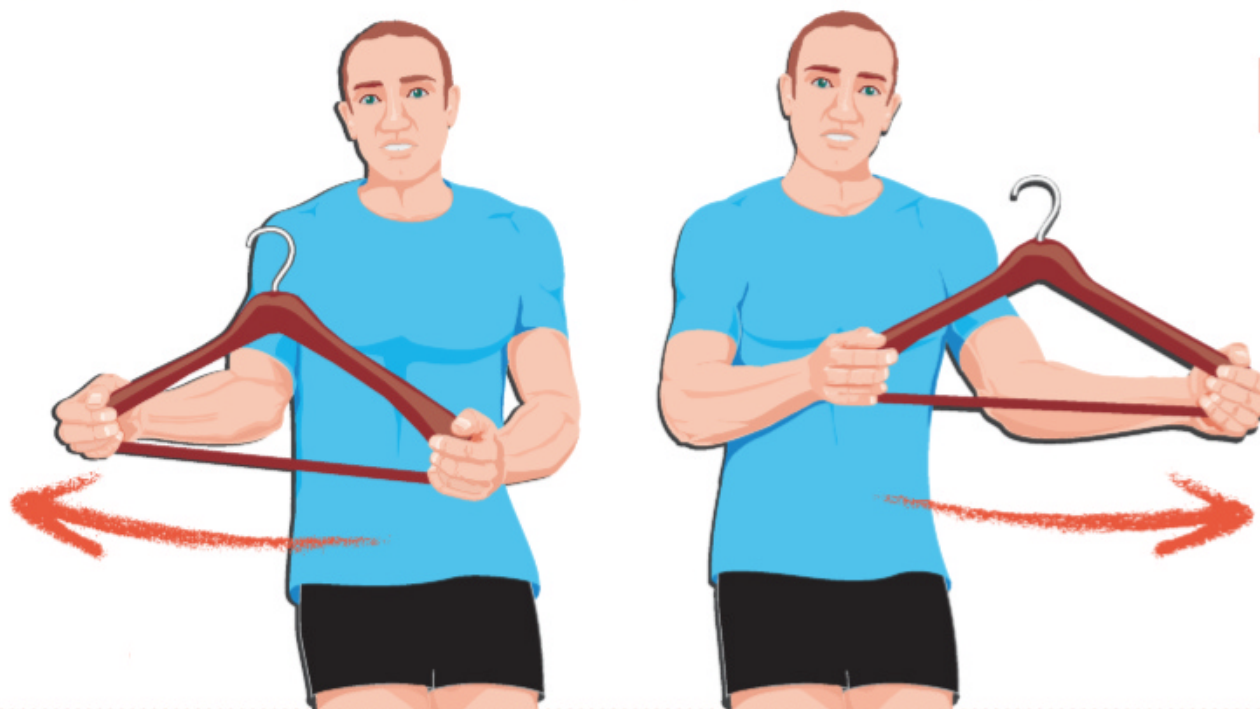
Pain can make simple tasks such as shoelace tying a struggle. Selected TerryWhite Chemmart locations can help you better understand your symptoms when you book in for a free consultation for pain management.

Dr Jonathan Herald is a shoulder, knee, elbow and WorkCover injury specialist in Westmead, Campbelltown and Strathfield.

How to 'thaw' a frozen shoulder

BROOMSTICK

With the top of the broomstick handle touching the middle of the palm of your hand (on the side of the affected shoulder) simply push the frozen shoulder upwards, using the good arm to guide the bad arm. This way you are still exercising your affected limb, but not in a way that hurts.

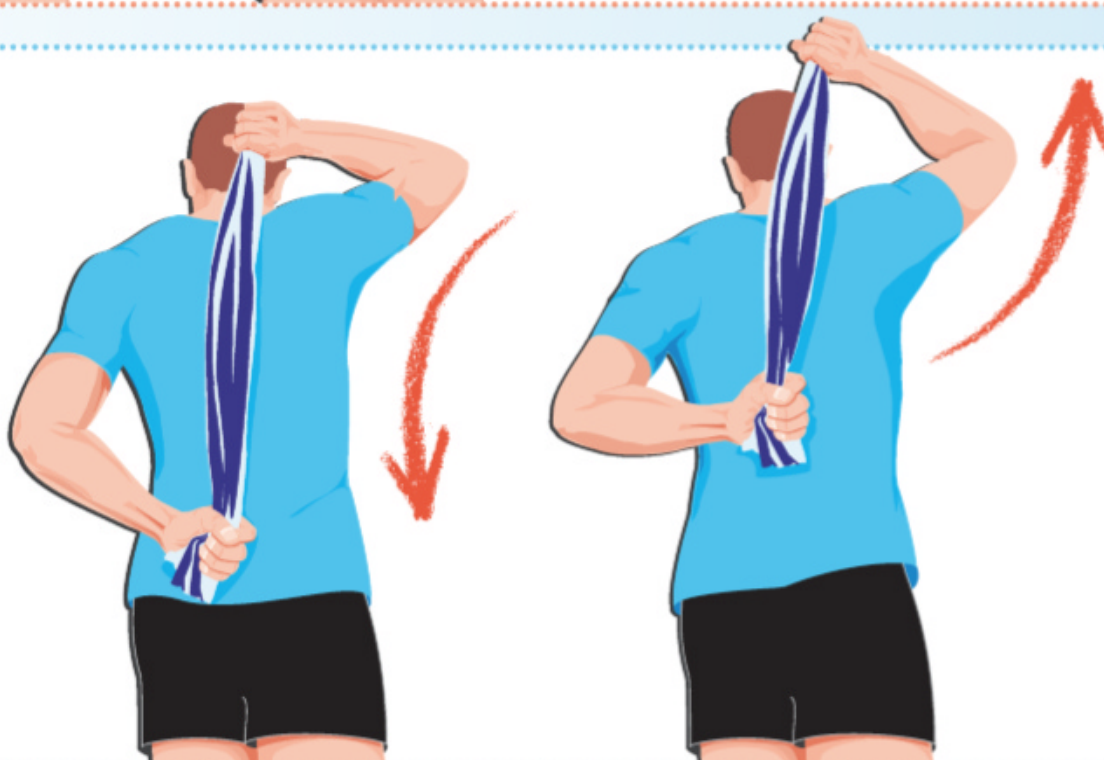


COATHANGER

You simply hold the coathanger between your two palms and move it from side to side, using the good arm to push the bad arm.

TEA TOWEL

Place a tea towel behind your back, grabbing the bottom of the towel with your bad arm. Using your good arm pull the bad arm upwards. This creates movement in your bad shoulder without using the muscles in the bad shoulder.



A diagnosis of pre-diabetes inspired Haroula Giameos to make big changes to her eating habits in order to improve her health

PRE-DIABETES

▶▶ Within 12 months of starting her new approach, the mother of three is proud to have lost 30kg and have her blood glucose levels right back where she wanted them.

Were you surprised to be diagnosed with pre-diabetes?

It did come as a bit of a shock. I've always been overweight and I've never really cared about what I was eating or looked after myself. Then, three years ago, I damaged my spine and had surgery, which left me bedridden for three months.

I was 30 and everything started to go downhill.

I was heavily medicated and feeling very sorry for myself; I'd rather give birth 50 billion times than ever go through that pain again. I put on more weight and I started feeling really lethargic.

My GP decided to do a blood test and he called me with the

results. He said 'You are pre-diabetic and you need to do something about it or you are going to end up with diabetes.' I changed my diet straightaway.

What changes did you make to your diet?

I had never been on a diet before, but I'd heard about the 5:2 diet and intermittent fasting, so I started on a version of that and it has really worked for me.

I fast for one day a week, sometimes two, depending on what my weekend is like (birthday parties, other functions etc), for a minimum of 16 hours at a time.

But I don't end up starving hungry, because I can have up to 2000 kilojoules. I'm just careful not to eat any carbs.

So I might eat something with carbs at 6pm and then I won't eat carbs again until 11am or so – I'll go as long as I can.

I might have some bacon and two eggs with sundried tomatoes, which is 585 kilojoules. Or I might make a salad with rocket,



strawberries and a little bit of cream cheese.

Lunch might be 100g of double smoked ham, 200g of rocket, cheese, sundried tomatoes, apple cider vinegar and an egg fried in butter. That's filling and it's about 1548 kilojoules.

I weigh everything out on a digital kitchen scale and I put the grams in my food diary and it tells me how many kilojoules it has. It gets easier after a while, because you get to know how much you can have.

On the five days when I'm not fasting, I eat whatever I want, in moderation. It's much more nutritious food than what I used to eat.

If we go out for dinner, instead of getting chips on the side I'll just have salad or vegetables and I'll just have a few of the kids' chips. I don't think you have to cut everything you enjoy; you need to indulge a little bit.

I also drink a lot of water and herbal teas, especially green tea.



Does 16 hours sometimes seem like a very long time?

You are sleeping for most of that time, so it's not as hard as it might sound.

How dramatically has your diet changed from what you used eat?

The biggest change has been cutting out all soft drink. I used to drink a couple of cans of Coke every day and, after having my first daughter, I drank a 1.25L bottle every day. I'd often have a piece of cake with a glass of Coke. Looking back, I don't know how I did that. Just recently I tried a little sip,



but it was so sweet it made me feel sick.

I used to eat a lot of unhealthy food. If there was pizza at a party, I'd keep eating more and more.

I'd also go to the pantry for chips and chocolate when I was feeling low on energy, which made me feel better for a little while, but then I'd have a slump.

Do you have any little routines or tricks that help you to stay on track?

I weigh myself religiously, every morning. I do it to remind myself of what happens if I have a binge and to enjoy seeing ►

I'M NOW
taking care
OF MYSELF

my story: pre-diabetes

that I'm still doing well. It was a huge motivator, just seeing that first couple of kilos come off, and knowing that my diet was making a difference.

I'm also aware of my triggers and I make a point of avoiding them. If I feel like something sweet, I don't give myself a little snack of chocolate, because I know that's a trigger, too. It's too tempting to say I've been so good, I can have one, but then that can easily turn into having another one. Instead, I'll have a small amount of yogurt with some fruit and a tiny bit of honey.

I also quite enjoy a stock cube in boiling water. I feel like I'm having a soup with lots of flavour, and it doesn't have all the carbs you get in a cup-of-soup.

I try to adapt what I might already be cooking for the rest of the family. So I might still make a creamy pasta for the kids with mushrooms and garlic. I'll have the same sauce but have mine with zucchini noodles.

When I buy yoghurt or bread, I always look for the brands that have the least carbohydrates.

How much weight have you lost?

I was 95kg and a size 18 when I started and now I'm currently sitting between 65-67kg and a size 12 at the bottom and 10-12 on top.

Have you added any exercise to your daily routine?

I don't go to the gym, but I get a lot of incidental exercise just looking after the kids. I get my workout at shopping centres and doing housework. I'm pretty cautious about any other exercise because of my back. I was born with an extra vertebra in my

Haroula and her girls,
Paris, Genna and Andria



My heaviest weight ever was 107 kilos – this was after kids

spine, which I didn't know about until I herniated a disc.

Do you feel any different to how you did before?

I feel so much better. I enjoy food more and really appreciate the flavour of everything I eat.

I also feel so much happier being able to walk into clothes shops and try on what I like, without having to worry that it's not going to fit me.

How much willpower has it required?

A lot initially, but now it is easy. Because I've worked so hard to lose weight, I'm really not prepared to waste that effort. When I'm going to all of the trouble of counting kilojoules and organising what I'm going to eat, I really don't want to stuff it up.

How has the rest of your family responded?

The kids have always said 'Mummy, you are beautiful', but when we look back at old

photos, my eldest daughter says 'You look a little different here'. They didn't really notice day-to-day as I was losing weight.

My husband is really good support. We've been together since I was 16 years old and he was 17, and I know he loves me regardless of my size. He just wants me to be happy.

If we are going somewhere we know there will be cakes, I say to him 'When you see me going up for seconds, knock the plate out of my hand.' He doesn't do that, of course, but he reminds me how I'll end up feeling about myself. Last week I said I was just going to have a chocolate and he said no. When I asked why, he said 'Because if you do, you'll be really annoyed with yourself tomorrow.'

What has your doctor said?

My GP said he was very impressed with my blood test results and that I no longer have pre-diabetes. I think that is pretty awesome. I'm quite happy with that. ■

DECISION OF A *lifetime*



For 36-year-old Charmain Etnasios, deciding to have bariatric surgery in 2017 was life changing – in more ways than one

▶▶ I was diagnosed with type 2 seven years ago, when I was 29, and to be honest, it didn't come as much of a surprise. For me, and my brother George, diabetes was like pulling the bad-luck card in the genetic lottery. My dad has type 2, as did most of our aunts and uncles on both sides, our grandparents and a few of our cousins.

So I always knew I was at an increased risk. Plus, I'd always been overweight. For the most part it was a gradual thing, creeping on slowly year after year. ▶

TYPE 2

my story: type 2

But in 2003 I was a passenger on a train that derailed and crashed after the driver suffered a heart attack. I saw other passengers die in front of me and the force of the derailment resulted in concussion, a fractured sternum and severe compression fractures, which caused excruciating sciatica pain for many years. I put on 15kg in the six months following the accident, mainly because I couldn't move. At my heaviest I weighed 108kg.

I've tried to lose weight a number of times over the years, using a few different diets, but they just never seemed to work for me. It'd take me six months to lose 7kg and, not only would I put it all back on after I stopped dieting, I also knew friends following the same eating plans were losing four times as much weight as me.

Trying to avoid insulin

Finally I decided to see my GP for help. They ran some blood tests and told me I was insulin resistant. It explained a lot and made me realise that losing weight the 'traditional' way was always going to be more challenging for me.

I left the doctor's office with a prescription for some medication, but being just 26 at the time and about to get married to my husband Hany, I had other things on my mind. I didn't take care of my health as well as I could have and I didn't take the tablets as often as I needed to. Eventually, three years later, I found out I was no longer insulin resistant – I was diabetic.

When I fell pregnant with my son, Nathaniel, who's now three, I was finally referred to

an endocrinologist and I started following a strict diet and taking my diabetes medication properly, because I'd been told I was at risk of having to go on insulin, which I was desperate to avoid. As a result, I put on very little weight during my pregnancy and actually managed to lose some after I'd given birth, but it was never enough to make much of an impact on my health or my diabetes.

Surgery success

My brother George, who was also a type 2 diabetic, had undergone bariatric surgery in 2014 and it had been really successful for him. But the thing that finally helped me decide to follow in his footsteps

was seeing my dad go into renal failure, which now requires dialysis, as a result of long-term diabetes, in 2016. A year later I booked into St George Private Hospital in Sydney for surgery.

The surgical pain itself wasn't too bad at all after the first few days. In fact, when I went home I only took a single painkiller on the very first day, for the pain. And the weight loss began immediately.

I dropped between 1-1.5kg a week over the next nine months and now my weight fluctuates between 59 and 61kg.

Having lost close to 50kg since I was at my heaviest weight, simple things are so much easier now. Moving around is easier;



*“My
appetite
no longer
controls
me”*

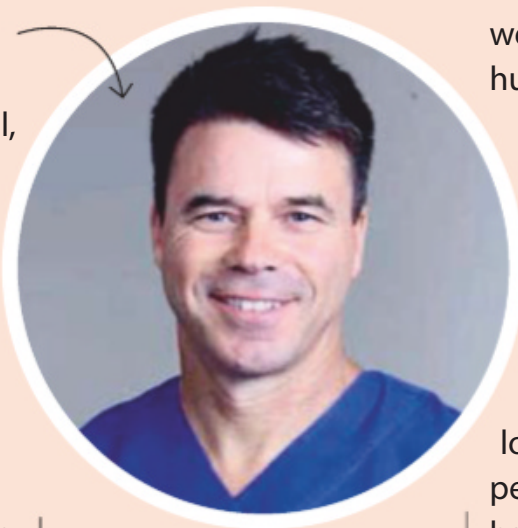


Charmain with her son Nathaniel

Expert advice: bariatric surgery

Dr John Jorgensen, who is head of department at St George Private Hospital, Australia's highest volume bariatric hospital, says the perception of obesity and surgery needs to change. "Many people perceive bariatric surgery as a cosmetic procedure, but really, it's about saving lives, because without surgery people with severe obesity have a four-fold increased risk of premature death from complications such as diabetes, cardiovascular disease, sleep apnoea and arthritis."

Labelling obesity and diabetes as the 'giant twin challenges' confronting Australia's health system, Dr Jorgensen also points out 45 different medical and scientific organisations, including the International Diabetes Federation, have recently



declared that bariatric surgery is considered as a standard treatment for morbidly obese people living with diabetes.

* *So, what can patients expect after surgery?*

"Many come to hospital with diabetes and either leave hospital without it, resolve it in a few weeks or months or, at the very least, are able to significantly reduce their diabetes medication," he says. "The surgery also helps to reset the brain's

weight set point and hunger drivers."

Professor John Dixon, head of Clinical Obesity Research at the Baker Heart and Diabetes Institute in Melbourne, says diet and exercise only work long-term in about 4-10 per cent of people who have severe obesity.

"Weight is a bit like blood pressure," Professor Dixon says. "As we age, the body gradually increases its 'set point' for weight, and this is a powerful brain driver for hunger, because the brain registers the 'set point' as the highest weight the body's ever been."

"It's normal for people to have 5-10kg of what's called weight 'drift' as they age, but when weight starts high at a young age, we know that trajectory is much more likely to continue throughout life."

* *What about the safety of bariatric surgery?*

"The 2017 Bariatric Surgery Registry showed a growing increase in the number of Australians placing trust in bariatric surgeries, with 22,000 Australians undergoing bariatric surgical procedures that year," says Dr Dixon.

"The safety profile of bariatric surgery is very good, with more than 99.8 per cent of patients on the registry surviving their surgery and only 2.5 per cent having an adverse event that required a return to theatre, ICU or readmission to hospital."

"This needs to be weighed up against the almost certain high risk of obesity co-morbidities like diabetes, sleep apnoea, hypertension, arthritis and premature death."

carrying groceries is easier; even breathing is easier.

Taking care of my son

These days, I hardly ever feel puffed out. My relationship with food has completely changed, too. As well as making healthier choices, my appetite no longer controls me. Now, I rarely feel like eating more than three entrée-sized meals a day. And my diabetes has completely resolved. My blood glucose

levels are all within the normal range and my last HbA1c test result was 5 per cent.

But knowing I've done something positive for my son's future is the best feeling. After my 10th birthday, my parents were regularly in and out of hospital with different health issues, some of which were weight related, some not.

Apart from wanting to be as healthy as possible for as long as possible now I'm a mum,

I didn't want Nathaniel to have to spend his childhood the same way – visiting me in hospital.

Knowing I've done all I can to make that a reality feels incredible. ■





QUICK TONE UP

Work all the major muscles in your body in one 30-minute workout, designed with all fitness levels in mind

▶ You don't need to have a tonne of time or equipment available to tone up everywhere.

We've put together a whole-body routine that focuses on all the major muscle groups. Where possible, each exercise has two movement patterns, so you'll activate muscles that work together to perform

certain movements. For example, the crunch and superman will strengthen both major core muscle groups – the abdominals and lower back – that stabilise your entire body. Building strength in both will help with proper posture and prevent things such as back injury. Let's get started!

**Looking for exercise equipment – such as yoga mat, resistance bands, dumbbells – visit your local sports store, like Rebel Sport.*

SQUAT

1 Stand with feet hip- to shoulder-width apart, toes forward or slightly outward. Slowly flex at the hips and knees, and lower body until your thighs are parallel with floor (or as far as your joints allow). Keep your back neutral, or slightly arch lower back. (Do not round shoulders or lean forward – you should be able to lift your toes.) Next, push through entire foot to return to standing. Repeat.

FEELING STRONG? Squat further down as you become stronger and more flexible.



WORKOUT 101

Perform 8-12 repetitions of each move (or until you break form), 2-4 sets per exercise. Take a 2-3 minute break between each set. Complete this 30-minute routine 2-3 times a week on non-consecutive days.

Warm Up

Use an aerobic machine such as an elliptical or rower to warm up both upper- and lower-body muscles. At home? March in place at a comfortable pace, pumping arms above head (raise the roof) and out in front (push the door), for 5 minutes. Perform a set for each exercise with light resistance to warm up your muscles.

Cool Down

Include 1-4 sets of static stretching in your cool down that target each muscle used in this workout. Stretch until you feel slight discomfort, and hold for 10-30 seconds. Stretching daily improves flexibility.

PUSH & PULL

2 This exercise combo assures an upper-body balance.

A: PUSH-UP

Stand an arm's length from a wall and place your hands on the wall shoulder-width apart. Bend at elbows and lower your chest towards the wall, engaging your core to keep hips from sinking. Then extend your elbows to push yourself back up. Repeat.

FEELING STRONG? Walk your feet further from wall. Next, progress to floor push-ups on knees.

B: SEATED ROW

Sitting down, place the middle of a resistance band* around the arches of your feet, knees slightly bent. Grasp the band and sit tall with arms extended in front of you. Pull band towards your midsection, keeping elbows in tight, until your wrists meet the side of your torso. Maintain a rigid, erect posture – do not lean back as you pull the band. Next, extend your arms forward in a controlled movement back to the start. Repeat.



A

B

FACT

Your body loses 1-3 per cent of muscle strength per year after age 30, if you don't do resistance exercises. A regular strength workout will preserve muscle quality and improve your HbA1C by 0.5 per cent.

exercise



A



B

CURL & EXTEND

3 The push and pull of these exercises helps upper-arm balance.

A. BICEPS CURL Stand tall with knees slightly bent, feet shoulder- to hip-width apart, shoulders back. Grab dumbbells*, arms at sides, palms forward. Bend elbows and curl dumbbells towards your shoulders, keeping arms tight at sides, wrists stiff and core engaged. All movement should occur at elbows. Slowly lower to start. Repeat.

B. OVERHEAD TRICEPS EXTENSION

Stand tall with knees slightly bent, feet shoulder- to hip-width apart. Grab one dumbbell with both hands. Extend arms over head, aligning elbows with ears. Then slowly bend elbows, lowering hands behind your head, keeping your elbows tight to ears, with wrists stiff, shoulders stationary and core engaged. Then extend elbows, bringing hands back above your head. Repeat.

Power Move

The plank engages many of the major muscles, stimulates body alignment and posture, and can be performed with many variations based on individual ability.

PLANK Get on your hands and knees. Rest elbows and forearms on the floor (close to rib cage) to support upper-body weight. Cross ankles and slightly raise feet off the floor. Engage core to create a flat back (do not arch, sink or raise butt). Envision a board lying on your body. Breathe throughout the pose; hold it until you feel form breaking. Rest and repeat.

FEELING STRONG? Increase the duration of hold. When you reach 1-minute holds, raise your knees off floor and support your lower body on the balls of your feet and toes. ■



A



B

CRUNCH & FLY

4 These exercises engage the midsection muscles that both flex and extend the spine.

A. ABDOMINAL CRUNCH

Lie on your back with knees bent, feet flat on floor, palms down. Use your abs to curl chest towards knees, sliding palms towards your feet. Once your shoulder blades are fully off the floor, or you reach maximum range of motion, slowly lower. Repeat.

FEELING STRONG? Place hands across your chest or extend above your head.

B. SUPERMAN Lie on your stomach, arms at sides, palms facing up. Keeping your neck aligned with your spine, raise your forehead, shoulders, chest and feet off the floor by curling your lower back muscles (this may be minimal movement). Slowly lower back to the floor. Repeat.

FEELING STRONG?

Extend your arms, palms down, above your head. Simultaneously raise legs and feet off the floor to further engage lower back and glutes.

PROGRESSION

As this workout becomes easier, increase resistance and number of sets.

- Start with 1 set and build to 3.
- 2-for-2 rule: If you can do 2 reps beyond your goal on the last set (2 sets or more), increase resistance of your weights or band.
- Increase reps to 8-12 to maintain. To improve muscular endurance, perform 12+ reps.
- With weights or bands, do 6-8 reps to increase strength.



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PORT MELBOURNE to ST KILDA

VICTORIA

As the warm weather kicks in, bask in the
inviting sunlight along the bayside and
surrounds to build up your steps



▶▶ Start your day with a morning swim at the Port Melbourne Foreshore – or, if you're not ready for a swim so soon, there are many spots along your walk where you can stop for a quick dip or a refreshing swim.

When you're ready to embark on your journey, follow the Bay Trail towards South Melbourne Beach. Along the way, keep an eye out for the Solar System. Yes, we are serious! Starting with the model of Pluto you will take a journey through the planets as you walk, until you reach the Sun (tip, below right), with every metre you walk representing 1 million kilometres.

Following the Bay Trail around Port Phillip Bay, passing through

Port Melbourne Beach, Middle Park Beach and St Kilda West Beach – you might spot people playing beach rugby here – you will find Neptune near the Dog Beach (you can thank us later) and Lagoon Pier, with Uranus and Saturn following before you enter the beautiful heritage listed Catani Gardens.

You'll quickly be mesmerised by the rows of palm trees along the St Kilda foreshore in the gardens. Named after their Italian-born

designer, Carlo Catani – a prominent landscape designer in the late 19th century – you will find people relaxing in the calm gardens, playing a game of football and even some sunbaking in the warmer weather. While you're there, take a moment to sit down in the gardens to enjoy a few snacks, or tuck into your lunch, picnic-style, before carrying on.

Rejuvenated and ready to go, continue through the gardens towards the St Kilda Cenotaph, and take a moment to remember those who served in both World War One and Two.

Providing panoramic views of Port Phillip Bay and the Melbourne skyline, the St Kilda ▶

*History, fun
and exercise
all in one
lovely walk*

Solar Tip
You can easily reverse
this walk, starting at
the Sun, walking
towards Pluto.

St Kilda Pier.



ABOVE:
St Kilda Beach.
LEFT: Catani
Gardens.
BELOW: Luna Park.



Pier (circa 1853) is your next stop, and is one not to be missed, whether you visit now or return at dusk after visiting the Sun.

Heading out along the pier you will notice dozens of people enjoying their afternoon stroll, rollerblading or cycling down the boardwalk, and even a few people hoping to catch a fish or two. Also keep your eyes peeled for wildlife in the bay – look out for seabirds, jellyfish, schools of baitfish and, if you're lucky, dolphins.

Whether you're continuing on the Bay Trail from the cenotaph, or after visiting the pier, be sure to stop at the St Kilda Sea Baths.

People have been drawn to

these baths for their location and offerings since the 19th century. Today, upon entering through the glass doors, you have the choice of a heated seawater pool, a hydrotherapy spa pool, steam room and a gym. However, if you're not up for adding a workout or swim to your walk, be sure to climb the stairs from the inner courtyard to enjoy spectacular views of Hobsons



Bay, St Kilda, the Melbourne skyline and Williamstown. And, just past the baths, you will spot Jupiter.

Continuing down the Bay Trail, you reach

the iconic Catani Arch. Built in 1916, not only does this miniature Italian-style bridge provide an excellent stop to enjoy the view of the foreshore, if you're lucky you might also get to see a couple getting their wedding photos taken there.

After admiring the view – or

SUNDAY MARKETS

If you're out on a Sunday, be sure to detour up to the Esplanade (from Jupiter) for the iconic St Kilda Esplanade Markets. You are bound to find something special from the many arts and crafts stores, whether a gift for a friend or something for yourself. Feeling a bit peckish? Head to Twins Pantry for some delicious healthy gourmet snacks!



MAIN PHOTO: Bay Trail.
BELOW: Fairy penguins
at the St Kilda Pier.

the stunning wedding dress – you'll find yourself at the doorstep of Luna Park. Whether you want to simply walk through the historic amusement park that opened in 1912 (entry is free!), or buy a pass to enjoy a few rides, be sure to get a photo at the entrance before leaving.

Head back down to the foreshore, continuing your journey along the Bay Trail, where Mars, Earth and our moon, Venus, Mercury and the Sun will all quickly follow.



And there you have it – you just walked the whole Solar System (well, at least the model version).

If you're up to returning to the St Kilda Pier from here, or you saved your visit there till now, be sure to walk to the end of the pier, where you will not only have the opportunity of watching the sun set from the sea, you will also find St Kilda's penguin sanctuary. At dusk, be on the lookout for popular penguins returning home from a day's fishing in the sea! And, if you're

lucky, you may even spot some rakali (native water beavers) swimming around here, too.

Not interested in the penguin watching but need to get those last steps in for your daily count?

From the Sun you can either continue following the Bay Trail along the foreshore, or head inland to the historic St Kilda Botanical Gardens. Dating back to 1859, this is one of the best-maintained botanic gardens in the city, bringing a sense of serenity to the metropolis. And, by the end of your walk, if you're ready for dinner, the Carlisle Street and Chapel Street restaurants aren't too far away! ■

Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing

1 LIVE YOUR BEST LIFE

Accepting that you are only human and that some things are within our control, while others are not, is the beginning of creating a good mental state for yourself. Training your mind to accept what happens, and acknowledging that sometimes life is hard, is how the Stoics lived for years. Dating back to about 300BC in Greece, Stoicism continues to influence people today.

To begin your path of self-improvement, try putting these four virtues of Stoicism into action today:

- **WISDOM:** rather than letting your emotions get the best of you, try approaching complex situations in a calm, logical and informed manner.
- **COURAGE:** learn to face your daily challenges with clarity and integrity – don't let fear stop you.
- **JUSTICE:** learn to treat others with fairness, even if they've done something wrong.
- **TEMPERANCE:** discover self-restraint and moderation – carry this through all aspects of life.



It's not what happens to you, but how you react to it, that matters

– Epictetus, Greek Stoic philosopher



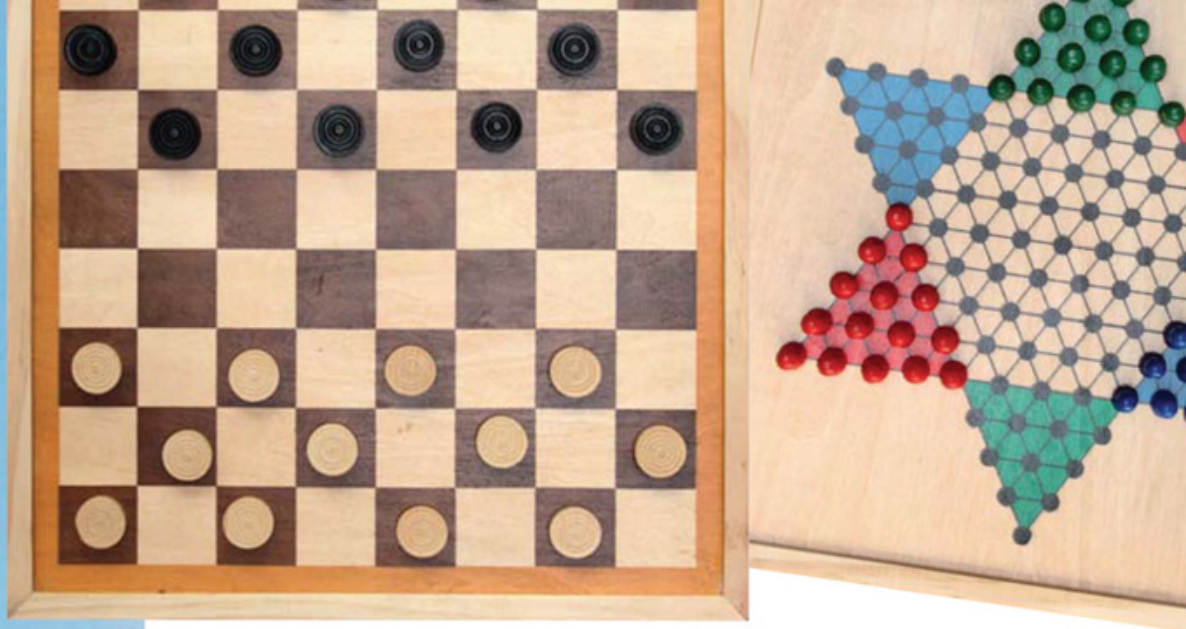
2

BENEFITS OF BOUNCING

Jumping up and down on a trampoline isn't just for children!

Bouncing helps to stimulate your lymphatic system – responsible for moving lymph (fluid consisting mainly of white blood cells) to your lymph nodes, which are located throughout the body, including in your armpits, neck and groin – through the moments of weightlessness experienced on rebound. This movement of fluid picks up and destroys viruses and germs you may be carrying.

Not only does bouncing improve this lymphatic circulation, this form of exercise also helps to lower your blood pressure, manage your weight and build stronger bones, and is exceptionally fun for all!



3

G₂ A₁ M₃ E₁
O₁ N₁

According to a survey conducted by RealNetworks Inc, 64 per cent of men and women (over the age of 18) play games as a way to unwind – 53 per cent do so for stress relief and 42 per cent do so to keep their minds sharp. And they have every reason to do so.

Not only do board games give you a reason to put down your screen and bond with loved ones in real time (although be careful who you play a game of *Monopoly* with!), they also increase memory formation, critical thinking and your cognitive skills through the tactics required to play.

Further reducing the risk of mental diseases such as Alzheimer's and dementia, playing games also helps to lower your blood pressure and reduce stress through the increased release of endorphins.

What are you waiting for? Dust off your board games and invite people over for a game or two! ➤



good advice

4 STOP STRESSING

The new year is here, and by now you're back into a routine, but are you feeling stress kicking in already? Learn to get on top of your stress before it's too late.

Stress is a physical response you experience when you are challenged or overwhelmed. Chronic stress can have damaging effects on your body. It can cause your blood pressure to rise, and hypertension, increasing your chances of a heart attack or stroke. It disturbs your body's natural rhythmic contractions (your body's ability to move food to your gut), increasing the chances of irritable bowel syndrome and heartburn.

Other changes that occur include infections, a slower healing rate, acne, hair loss, headaches, sexual dysfunction, difficulty concentrating, irritability and fatigue.

By learning to respond to stress in a calmer manner, you can decrease the chances of damage to organs and cells.



5

STAND UP STRAIGHT

It's not just your parents and grandparents telling you to do so. The way in which you hold your body when standing and sitting is fundamental to every movement your body makes. If your posture isn't optimal, it will cause stress on your muscles as they work harder to keep you balanced and upright. Over time, with an incorrect posture, muscles will become tight and inflexible, which causes muscles to lose the ability to deal with the forces of gravity – hello slouching!

Poor posture has also been linked to wear and tear on ligaments and joints, scoliosis, tension headaches and, simply, back pain.

Not sure what good posture is? When looking side

on, you should be able to draw a straight line directly down your body from just in front of your shoulder, through your hips, the front of your knee and just in front of your ankle. This posture allows movement with the least amount of muscle strain. Need help?

- **Make sure computers** and mobile devices are viewed at eye height, to prevent your neck from tilting downwards and your back slouching.
- **Sleep on your side** with your neck supported and a pillow between your legs.
- **Get active!** Movement encourages your muscles and joints to keep active, ensuring they don't lock into position.
- **If you're still worried** about your posture talk to a physiotherapist. ■



DRINKS

- 76 Berry & almond milk smoothie ●●
- 76 Endurance shake ●
- 55 Homemade gingerade ●●●
- 76 Light start shake ●
- 76 Peach Melba smoothie ●
- 47 Raspberry banana smoothie ●●
- 76 Recovery smoothie ●●

BREAKFAST

- 73 Avocado, spinach, walnut & feta wrap ●●
- 73 Tropical fruit salad ●●
- 73 Yoghurt with berries, nuts & seeds ●●

LIGHT MEALS, SNACKS & STARTERS

- 47 Apricot yoghurt granola pots ●
- 47 Bean dip with veggie sticks ●●●
- 47 Carrot & pineapple muffins ●●
- 46 Chicken guacamole wrap ●
- 47 Cinnamon custard plums ●●
- 55 Creamy zucchini, potato, thyme & garlic soup ●●●●

- 46 Mini ham rolls ●
- 46 Ploughman's lunchbox ●
- 46 Sweet potato & chickpea soup ●●
- 46 Very easy pasta salad ●

MAINS

- 63 Beef chow mein
- 25 Broccoli pesto pasta ●●
- 36 Cajun grilled chicken with bean salad & guacamole ●●
- 43 Cauliflower mac & cheese ●●
- 65 Cheesy macaroni bolognese pies ●●
- 27 Chicken and veggie pizza
- 34 Chicken, broccolini & beetroot salad with avocado pesto ●●
- 56 Chicken, silverbeet and mushroom pies ●
- 40 Falafel burgers ●
- 64 Ginger chicken dumpling soup ●
- 34 Ham, pea & polenta cakes ●
- 27 Honey soy beef ●
- 39 Italian eggplant bake ●●
- 35 Marmalade pork ●
- 64 Moussaka ●●
- 28 Mustard pork with stir-fried greens ●●

- 48 Paprika chicken with cherry tomatoes and zucchini ribbons ●●
- 35 Pea, feta & herb frittata ●●●●
- 42 Poached eggs with broccolini & tomatoes ●●
- 28 Quick mushroom, chicken and rosemary risotto ●
- 63 Stuffed cabbage leaves ●
- 35 Superfood salad with citrus dressing ●

SIDES & EXTRAS

- 56 Slow roasted tomato, cucumber and parmesan salad ●●●
- 42 Wholemeal flatbreads ●●●

DESSERTS

- 68 Apricot and raspberry tart ●
- 67 Berry bake with passionfruit drizzle ●
- 66 Blueberry cheesecake brulee pots ●
- 69 Chocolate and berry mousse ●●
- 57 Chocolate souffle puddings
- 73 Quick dessert idea ●



KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

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HIGH TIME FOR *high tech*

Our resident type 1 columnist, Rob Palmer, has embraced technology for diabetes care, and wants everyone to have the same opportunity



Close your eyes and think back to how phones used to function. My recollection is of hiding in the kitchen pantry hanging onto the receiver – connected by a coiled cord that always had a few coils out of sync – to

a wall-mounted beige dial-up telephone. The door to the pantry had mission brown louvres, so the hiding was pointless – everyone could hear every word.

Whatever your memory, unless you're under 10, you will realise the phones we use now are connected to most daily functions of our lives.

Next, have a think about your memory of your diabetes management. For me, it goes back 35-odd years. My original lunch box-type kit of diabetes gear has been replaced time and again by smaller, quicker, more accurate equipment – to the point where I am now (almost) able to have a sensor talk to a machine smaller than my wallet. They discuss my BGL more than 280 times a day and administer or withhold insulin.

I say 'almost' because, at the time of writing, this new technology has arrived and is ready to go, but is awaiting approval by the Therapeutic Goods Administration, which determines when we can access this life-changing tech and be as healthy as

possible. Other countries use it already, so I hope by the time you read this we will also have approval.

The point is we are in a generation experiencing advancement in technology at speeds almost faster than our minds can cope with. It seems as if there are constant adjustments and improvements – not just for diabetes, but everywhere. A friend recently bought a fridge that will call his phone and remind him what he needs to buy at the shop. Ludicrous!

We all have our own pace and systems we feel are best for us. I had become so comfortable in managing my diabetes with needles and finger pricks

I almost shut the door on the tech that was becoming available. Familiar habits are tough to let go. But

I'd encourage anyone with the means to take a chance on the unfamiliar. I did and it changed my life in a brilliant way.

It seems, however, that cost is where many can find issue when accessing this life-changing equipment. Our government has begun positively by providing CGM for under 21s, but what 22-year-old has a spare \$5000 a year for something so beneficial? That's a \$40,000 expense by 30! This week, I challenge everyone to write a message to their local Member of Parliament to remind them there are youngsters out there metaphorically still hiding in the pantry using a phone on a chord – and the reception sucks!

Let's make the call and enable everyone's diabetes management to get up to speed. ■



Energy Levels Up, Snacking Down!

With the festive season in full swing, if you need help getting back on track, low GI BodyCare Nutrition Revitalise can assist. Delicious tasting Revitalise boosts your energy and well-being. Here's what Bernadette Heap from regional NSW recently said about Revitalise...

“ I started drinking Revitalise a few days ago and have felt the benefits already. My energy levels have definitely increased, which is lovely!

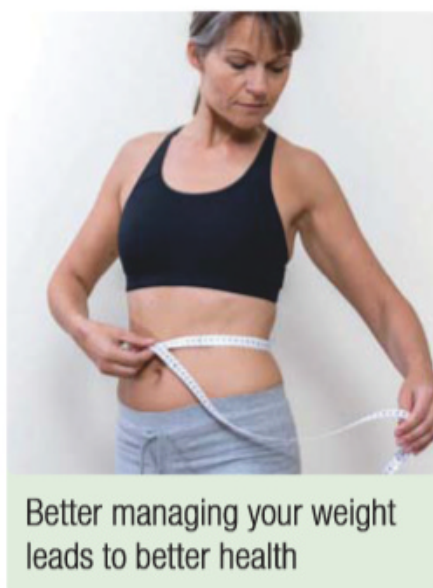
One week later: I am totally blown away by how well I am feeling. I have not had even one craving for chocolate! I feel so balanced, it is wonderful. Thank you! **”**

Boosting your energy Revitalise gives you sustained energy, so you can stay active all day long. It contains vitamins B1, B2 and B3, which contribute to your normal energy metabolism. Plus folate and vitamins B2 and B3 assists in reducing tiredness and fatigue.

Plus, Revitalise is good for you in many other different ways...

Weight loss and weight management

Carrying excess weight may change the way your body reacts to Insulin. Revitalise makes it easier for you to better manage your weight and even lose some weight. With Low GI foods, carbohydrates break down more slowly. This results in curbing any feeling of hunger. Also, the combination of Low GI and healthy levels of protein and fibre means Revitalise keeps you from snacking. Plus when used as part of a calorie controlled diet, Revitalise can help you lose weight.



Better managing your weight leads to better health

Convenient to prepare and fast acting...
Ideal nutrition for busy people on the go!

Lowers blood pressure and cholesterol Diabetes is a major risk factor for developing cardiovascular disease, high cholesterol

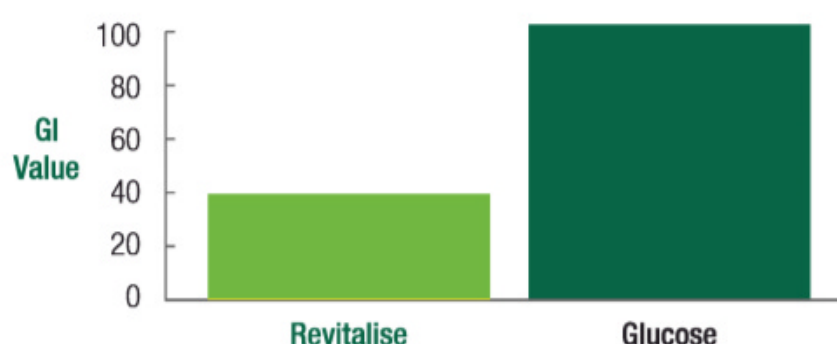
and high blood pressure and may increase the risk of heart attacks and strokes. Revitalise is low in sodium and fat. It reduces blood pressure when part of a low salt diet. It also reduces bad cholesterol when part of low saturated fatty acids diet.

Osteoporosis and bone health generally Calcium and vitamin D enhance bone mineral density and reduce the risk of osteoporosis. Protein assists with the maintenance of normal bones. Vitamin C contributes to collagen formation for the normal structure of your bones.

Heart health Thiamine is necessary for normal cardiac function. And vitamin C is necessary for normal blood vessel function.

Boosting your immune defences Zinc is necessary for normal immune system function. Vitamins A and C contribute to the normal functioning of your immune system.

A strong performer Revitalise has a Low GI score of 38 and a Low Glycemic Load score of 6. The graph below compares the mean GI value of Revitalise to glucose.



Plus Revitalise does even more. Visit bodycarenutrition.com.au for more information.

Free delivery for online orders

Revitalise is not a meal replacement. It is available in delicious vanilla, chocolate and coffee flavours. At only RRP \$32.95, Revitalise lasts 14 days. It's available from the stores below and online from bodycarenutrition.com.au. Insert Coupon Code **iwm118** into the shopping cart for **free delivery**. Offer expires 28/02/19.



 **Made in Australia**

Sydney

- Austral Pharmacist Advice, **Austral**
- Destro's Pharmacy, **Drummoyne**
- Eddies Pharmacy, **Ramsgate Beach**
- St Lukes Xtreme Chemist, **Raby**
- Terry White Chemmart, **Bondi Junction** (Westfield)
- Westleigh Pharmacy Chemsave, **Westleigh Village**

Central Coast

- Bateau Bay Road Chemist, **Bateau Bay**
- HealthSAVE Chemist, **Erina Fair**
- Hopes Pharmacy, **Toukley**
- Wyee Centre Pharmacy, **Wyee**

Newcastle area

- My Community Pharmacy, **Shortland**

Wollongong area

- Figtree Plaza Chemist, **Figtree**

- Windang Pharmacy & Compounding, **Windang**

Northern NSW

- Mullum Chemsave Pharmacy, **Mullumbimby**

Brisbane

- Jindalee Chemsave, **Jindalee**

North Queensland

- Ayr Amcal Chemist, **Ayr**
- LiveLife Pharmacy, **Cannonvale**

Melbourne

- Clairview Pharmacy, Clairview Rd, **Deer Park**
- Deer Park Pharmacy, Ballarat Rd, **Deer Park**

Perth

- Landsdale Guardian Pharmacy, **Landsdale**
- Ocean Reef Pharmacy, **Ocean Reef**

Fremantle

- Cockburn Super Clinic Pharmacy, **Success**



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